

# Private Sessions



## Companion Workbook

Rev. Dr. Anthousa Helena

Pure Awareness has no form or substance. It is the fundamental source of consciousness and of all form and substance - it is pure potential.

Consciousness is energy and information and is what manifests as all of creation, everything from thoughts to butterflies to a whole universe.

Beliefs are 'Filters' that determine one's reality. Anything believed absolutely becomes one's reality. This explains why TRUTH is relative to the perceiver.

Misaligned beliefs -(composed of our judgments, fears, pains, obsessions, addictions, diseases and other life miseries)- cause struggle, stress, confusion and what is defined as Suffering.

This all gets stored in our entire psyche. What we do not know about ourselves can indeed hurt us. Never forget that Awareness is Curative.

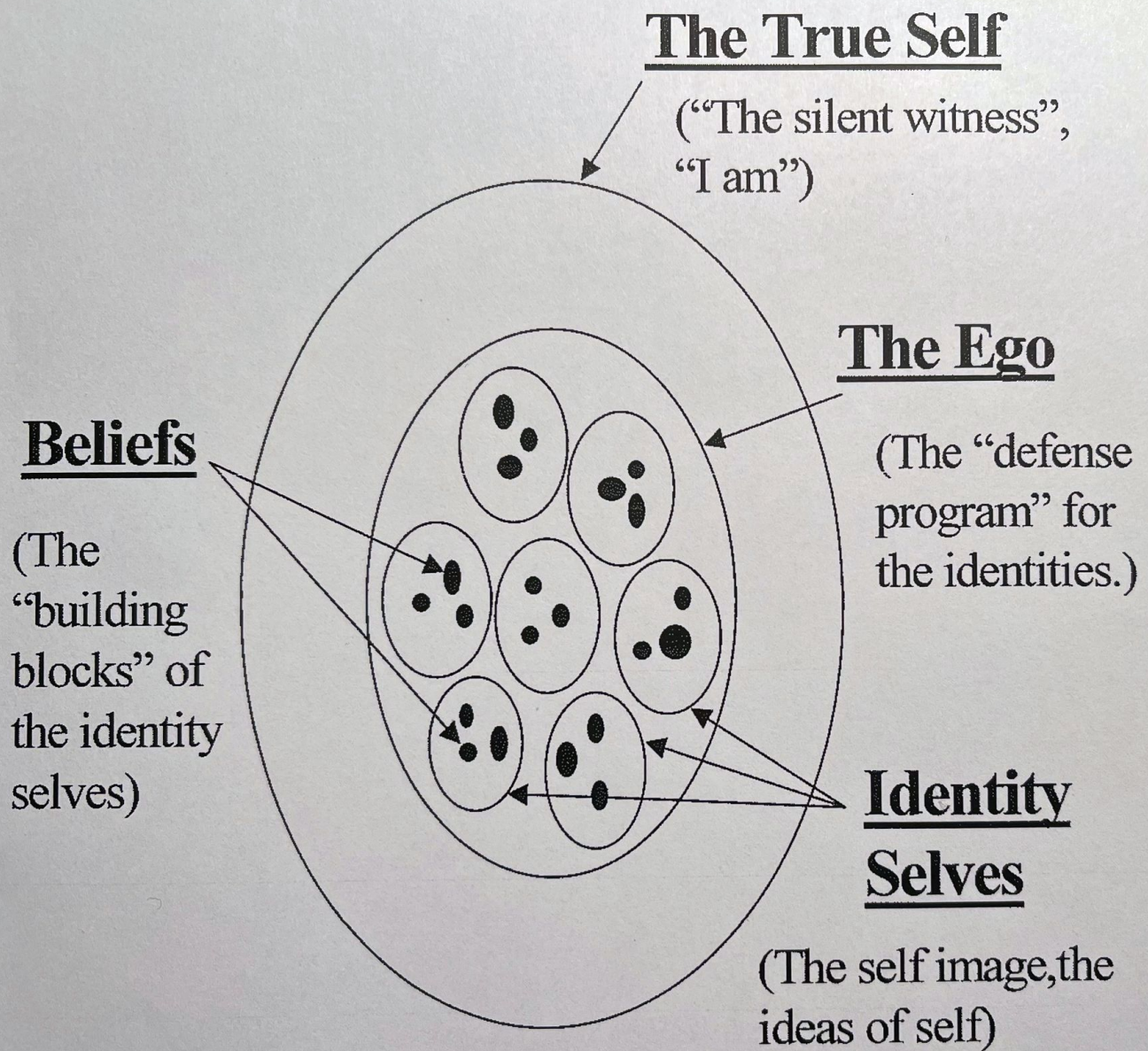
Once we begin to discover and release these limiting beliefs we are on our way to freedom, joy, self-realization.

Every problem humanity has comes from one false assumption "The Illusion of Separation". When we Remember the Truth of Who We Are; we expand into Awareness in which we calmly witness it all as life experiences.

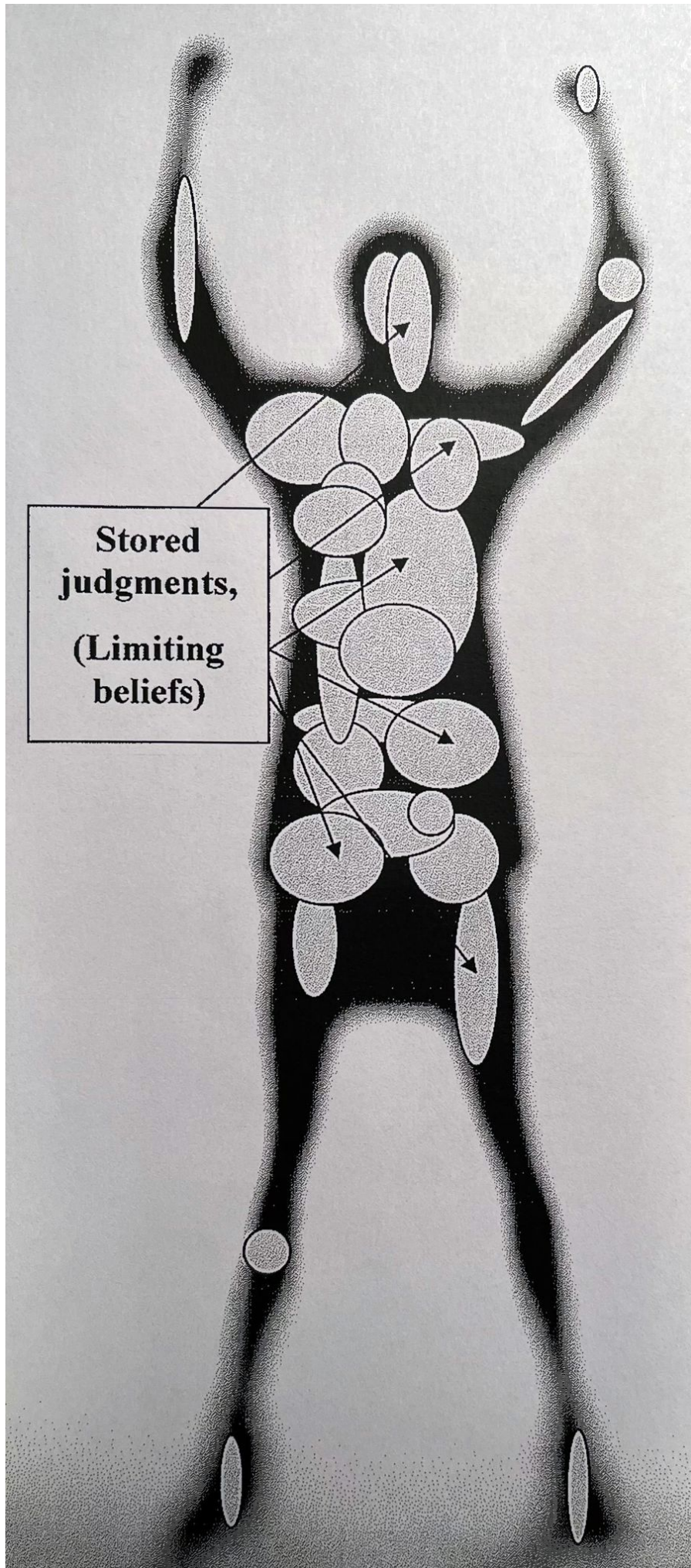
Our suffering occurs by believing we are our limited ideas of our self instead of our unlimited True Self. When we begin to return to Awareness of our True Self then we are Aware that which creates our life As It Is.

Only then can we truly be free.









Becoming mentally clear and holding higher states of consciousness is essential.

By evading self analysis, people go on being robots conditioned by their environment.

True self analysis is the greatest art of progress.

The degree to which the human energy field is clear, energized, and in balance is the degree a person's life is healthy and fulfilling.

The way you view the world; All based on Living from the Inside Out responsible for your perceptions of inner/outer reality.

Awareness is Curative

Everything in your world out there is a projection of what's going on in there inside your reality. You do not have to search, seek or look for it as it naturally comes to you as part of your Soul Plan.

Look at your Life as it is your Medicine a homeopathic remedy the outside mirrors back to you to look inside at your reality

However, there is Wisdom found within this.

Understand The Paradox of Duality as a Binary System - Functioning from Survival and Illusion of Separation What is Illusion What is Truth

This is where Sollite makes the difference!

Discuss Patient Example

Refer to graphics in the PDF workbook regarding imprinting  
on the Soul Level

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Our current system does not fully understand or acknowledge that mental, emotional, social, spiritual AND experiential factors directly affect a person's physical health.

This wasn't always that way.

A worthwhile reason for implementing the Conscious Counseling approach of Sollite Integrative Medicine.

It includes the way it was in Medicine dating back to Hippocrates and beyond, that saw the mind and body as being an integrated whole.

Hippocrates was Renown for the Statement

- To Heal means to make Whole again. -

### Conscious Counseling

- . utilizes Integrative Medicine as its approach to address all parts of your whole being and psyche on the physical, energetic, mental, emotional, soul and spiritual levels that you are made of.
- . is an Integrative Medical Model combining Holistic Psychotherapy with varying Therapeutic Applications of Consciousness.
- . it incorporates specific modalities highlighted & reviewed in the Conscious Counseling program.
- . Sollite is an inside/out focal aspect.

This is an Inner Journey only for those who are willing to honestly look inside their inner world of reality and how it affects and transforms their outer world.

Are you a Person ready to Go For IT?

Services offered do not fix or heal as that is the sole responsibility of your own self.

As a Trauma Expert, PTSD/Mental Health Certified guide; let me facilitate you through Unknown territory Hand in Hand together with a its a co-operative personal plan

We collaborate together to incorporate mainstream established health care and complementary integrative modalities that bridge the gap between Medicine, Science and Spirituality.

First, we identify your core underlying issues then a personalized plan is created using specific modalities to address your healing that fits you best. These Root Core issues create a Disconnection from your Spirit.

We lose compassion for ourselves and others because we have lost connection to the Truth of Who We Really Are and the ability to Self Love.

The Recovery is to Remember the Truth of Who You Are.

Acronym

SOLLITE

Systems Of Light Leading Into Truth Emergence

Beyond the Created Self / into remembering your (True, Authentic) Essential Self.

. It is important to learn how to bring in the soul and higher self to transform you from the inside out.



It takes willingness to:

Have Honest Self Inquiry inviting yourself to Explore on deeper levels  
To Dissolve Identity and Patterns of Conditioning  
Knowing + Navigating your own Inner GPS, Feeling with all your  
Senses through Mapping the imprinting of stored experiences.

This is Pathless Path - A Path of No Path - From Formless to Form and  
back again

You are not a client nor student if this does not resonate with you.

For only those that do resonate and are ready making an investment in  
yourself that you will benefit from for the rest of your life there is a free  
call offer.

If you want to make significant progress, you will need to make a  
significant commitment like you would make with any doctor or  
therapist to rebuild your life in a healthy way.

Recommended suggestion:

Download this Private Sessions Free PDF workbook

Purchase CC Program prior to investing into such a commitment to Your  
SELF

3 month mentorship Private Sessions

My History as an Expert in Trauma; refer to Amazon author page =  
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