

# ALIGNMENT for INDIVIDUALS

The world is experiencing changes at an unprecedented pace, in all areas of life. In a way these are exciting! Why not enjoy our journey through these fascinating challenges and opportunities? This will work best when we function from a safe place from where we can be open to change and happy to adapt and transform.

Stéphane helps you to re-centre, to create a place of harmony, a place with foundations aligned to the core of whom and what you are, a place allowing freedom and empowerment to sail happily through your journey.

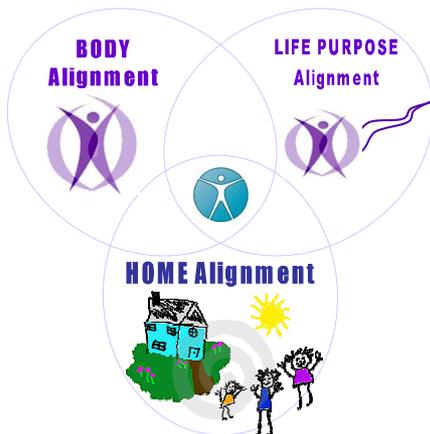
**Seize this opportunity!**

## What is it?

*Alignment for Individuals* is a set of ground breaking approaches, unique and profound, to assist us in restoring well-being and harmony in all the dimensions of our lives.

Whether working for **preparedness, prevention, healing, growth, or transformation**, *Alignment* is an opportunity for bringing health, well-being and harmony in your life.

*Alignment for Individuals* is an opportunity for you to make a long lasting difference to yourself, while becoming a beneficial presence on the planet.



**"Words can only attempt to describe this work!  
Trying it with an open mind will always lead you  
on an extraordinary journey of discovery!"**

Stéphane

## What is it based on?

Our life journey is made up of events in many areas of our lives:



These events (e.g., emotions, environmental stress, minor and major physical and psychological events, etc.), and the way we live and process them (e.g. expressed or repressed emotions) are locked in our subconscious memory pathways and becomes part of our biological systems. Generally initiated in the subtle realm (emotional, mental, spiritual), they eventually manifest within the physical dimension.

“Symptoms” therefore, whether in our body, our relationship or at work, often appear to bring to our attention imbalances and blockages requiring our committed attention.

### **Alignment for Individuals addresses the whole picture!**

*Alignment* approaches are part of a wider system called *Life Alignment*, used worldwide. *Life alignment* also integrates the essence of many techniques of personal development, protection and harmonisation (e.g. Kinesiology, Dowsing, Transactional Analysis, Neuro-Linguistic Programming, Biomagnetism, Emotional Freedom Technique, Feng-Shui, and many more).

## Why use Alignment for Individuals?

Alignment for Individuals,

- Restores the energy flow to naturally bring us back to a **state of wholeness and harmony**, where **healing naturally takes place**.
- Regards the dimensions and areas of our **life as a whole**.
- Targets and tackles the **heart of the problem**, directly aiming to the **root causes**, rather than the symptoms.
- Works **dynamically** in stages, “peeling” the appropriate layers, dealing with what is ready to be worked on, and finding the optimal route to the core issues.
- Brings us to a higher level of consciousness, allowing us to touch the deepest and most intimate side of ourselves.
- Is **precise, radical, effective and powerful**.
- Brings changes that take place **without** having to **concentrate on them**.
- Is benefiting those around you.

## Benefits

Alignment for Individuals can help you to:

- Be aligned and in harmony with the accelerating changes and shifts in the world, rather than be control by them, leading to freedom, empowerment and abundance
- Bring fast, deep, lasting and positive changes
- Heal the body as a whole (body-mind system)
- Bring general serenity and well being
- Improve health foundation

In particular, it can help you to:

- Align the structure/bones, joints and muscles
- Balance energy fields of organs, glands and body systems
- Identify the root cause of issues and help relieve a variety of symptoms such as learning difficulties, allergies, sleep disturbances, and hormonal imbalances
- Strengthen the immune system and detoxify the body
- Release suppressed emotions, past traumas, and stress
- Balance the meridians, chakras and subtle bodies, aligning them with the physical body
- Relieve pain rapidly by healing the related issue

## Who is it for?

Whether working for **preparedness, prevention, healing, growth, or transformation**, Alignment for Individuals is for anyone and everyone *really* willing to change and transform:

- Children
- Adults
- Couples

The approach is also applicable to animals.

## Alignment approaches

**The *Alignment for Individuals* is a journey. The process is intense and profound. Each intervention brings important adjustments and transformation.**

While they all work with the same basic principles, there are several alignment approaches:

### **Body Alignment**

*Body Alignment* focuses on the individual, on the mind-body issues, whether physical, mental, or emotional.

### **Life Purpose Alignment**

*Life Purpose Alignment* assists you in your life journey. Our purpose is constantly evolving, changing, adjusting as we move along. *Life Purpose Alignment* addresses the blockages in your lives. It identifies which area of your life needs balancing, it identifies what needs to manifest in that life area, unblock it and activate it. *Life Purpose Alignment* assists in re-aligning you with your purpose, facilitating redirection where necessary, providing direction to activate success and fulfilment.

### **Alignment for our Environment**

We can do as much work on ourselves as we like, if we constantly live within "sick" environments, it will be very difficult to sustain the benefit of our work. ***Alignment for our Environment*** addresses our **home, work place** and **land**.

## Sessions in practice

### **Sessions**

A *Body Alignment* session typically lasts 90 min.

A *Life Purpose Alignment* is more intensive. It will typically last one day, but could be shorter or longer. Work can be divided in several sessions, as long as they are not too distant in time.

Through applied kinesiology and dowsing, the body's "bio-computer" tells us precisely where to go. It locates the body points (energy gateways) and/or areas and related emotional stresses in order to release the blockages.

Various processes (see above) are then used to connect from a deep place within the body, release the blockages, and raising the vibrational frequency.

### **Next steps**

At the end of a session, areas are checked to identify what is needed to support the integration of the alignment processes and what would best benefit you next, this may include:

- Activities and/or actions in specific areas, to support the alignment process.
- Priority areas that need attention and possible need for future sessions.

**For more information, see [www.flasseconsulting.net](http://www.flasseconsulting.net) or contact me directly.**

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