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Bliss Breakthrough

Arriving at the big, lovely London house where transformational life coach Jane Sorrell runs her practice, I felt a combination of nervousness at the emotional exploration the Bliss Breakthrough session ahead might entail, and excitement at the idea of a shift towards more bliss in my life after a particularly difficult and draining year.

I had signed up for Jane's one-to-one Bliss Breakthrough session after seeing it described as 'a powerful stand-alone mind-body technique that can get to the root of persistent blocks and life issues in a matter of hours'. The promise was that it would enable 'dramatic shifts in mindset and feelings of more acceptance, love, confidence, optimism, peace, empowerment and freedom to thrive in life'. It certainly sounded appealing.

Shortly after booking my session, I received an email from Jane asking me to send her answers to a few brief questions about myself, and what I'd like to achieve from my session with her.

I really liked this – it not only showed that Jane cared about me getting the most from my time with her, but also helped me to set my own positive intentions. These were to come out of the session feeling lighter, less 'stuck', less weighed down by life, less worried about other people's approval and feeling more like my authentic self – able to shine my own light again after all the recent change and family heartbreak I had been through.

What to expect

On the day of the session, Jane made me feel relaxed from the get-go. She started off with a simple breathing exercise, followed by a body scan practice to help me feel more grounded in the present moment. We started chatting about how I had been feeling lately, and how this tied into the answers I had sent over in advance of the session.

Kelly Thompson gets to the core of limiting beliefs in this emotional exploration, designed to move us from burn-out to bliss

As we talked, Jane gently, persistently and intuitively helped me to hone in on what my overriding 'stuck' feelings were, and where in the body I was feeling these most. Then, she went on to encourage me to feel into any times in my childhood that seemed like they may echo these bodily feelings, in case these memories might represent the start of feeling this way in life.

I found it challenging to pinpoint certain scenarios in this way, as I felt worried about mismatching things and projecting more meaning onto particular events than they might really merit. But I tried to put my worries aside, to choose a few events that had come up instinctively as moments of hurt and rejection for me, and to go with these to see where they would lead me. I'm very glad in the end that I did.

I explained to Jane that the events I had chosen seemed like pretty insignificant ones, and that I felt a bit daft even focusing on them. But she reassured me that this was okay, and went on to help me try to identify any underlying beliefs that may have been born from the scenarios in hand.

We talked through whether it felt like these beliefs were still at work in my subconscious now, in my adult life (the answer was yes), and whether they were still serving me or whether they were now holding me back (they were holding me back). We therefore went on to talk in-depth about how I could let go of these beliefs by reframing them in a way that would be more useful for me

moving forward. And from this, we created a positive affirmation that I could say to myself any time I wanted, to help make the new positive core belief more of a reality in my head.

Emotional Freedom Technique

I found all of this really helpful on a rational level. But for me, it wasn't until we moved into the next, and final phase of the session – when Jane led me through a series of tapping (or EFT, Emotional Freedom Technique) exercises in conjunction with the affirmation – that, in hindsight, I realise things started to change for me on a deeper, more heartfelt level.

Jane asked me to repeat both the affirmation we had created together and other transformational phrases about letting go and feeling lighter as we tapped on various key points, mainly on our faces. And, although the wordings were led by Jane, it was truly empowering when I realised that they were all, in fact, based on very specific things that I had said to her. Whether about my blocks and worries or my hopes and desires, it was touching and impactful to hear my own words echoed back to me in this way, and to feel truly heard.

If I'm honest, I felt a little self-conscious at the start as I haven't done much tapping in the past, so I had a slight underlying sense of, 'What are we doing here?' But, as we continued and I allowed myself to trust in the process, I started to feel more and more comfortable, with a sense of reassurance and ease washing through me – until Jane brought the session to a conclusion in her lovely warm, friendly manner.

The effects

I had really enjoyed the session and I felt good. But, to be honest, I didn't know if it was going to have much of a lasting effect. I can therefore honestly say that

“Your beliefs determine how your life unfolds, and when you connect with your most positive beliefs, you are unstoppable”



✦ Jane Sorrell

it was to my true delight when I realised that as the days and week unfolded, I genuinely felt like a great emotional weight had been lifted after several years of heavy carrying.

Don't get me wrong – I'm not claiming that there was any lightbulb moment or huge new realisation for me. I simply found that, as I moved through each day, I was worrying less, accepting things more. I was feeling lighter, more optimistic, confident and loving. Indeed, I was experiencing all the things that had been promised in the initial blurb I had read about Jane's sessions. There had been a fundamental shift within my subconscious that was allowing me to simply feel more at ease in my own skin again. I had the space to make healthier decisions for myself – decisions that were less about what other people might think of me, and more about my own authentic hopes and desires.

It made sense when I learnt that Jane developed her technique when she was going through her own tough times in 2007, which took the form of anxiety, panic attacks and emotional burn-out.

Through her work on herself and the radical transformation that it enabled – from burn-out to feeling blessed – Jane had realised that many of our chronic life issues have roots in early childhood, when we form beliefs based on our interpretations of experiences we go through at the time. As we grow up, these deep-rooted patterns end up determining what we believe is possible for ourselves moving forward, impacting the decisions and actions we take and how happy and successful we are – whether in work, finances, relationships, health and wellness, or anything else.

Jane developed the sessions to help others quickly and instinctively get to the core of – and heal – any deep-rooted, limiting beliefs getting in the way of them living the contented, blissful lives they deserve.

Although she always draws from the same set of tools – a mixture of her coaching training, her wider spiritual and holistic health interests, and her finely honed intuitive skills – every session is, of course, unique depending on what each particular individual needs.

So, what might be holding you back? Do you feel ready to explore it, to let go of it, to feel healed and move on? If so, and if the process I've described sounds like an interesting one to you, then a Bliss Breakthrough session with Jane could be just the thing to lead you towards the freer, lighter, more 'blissful' life you long for. ●

Find out More...

✦ Jane Sorrell qualified as a coach in 2007 and has trained in NLP and EFT (Emotional Freedom Technique, also known as Tapping), among other self-development disciplines. As well as her Bliss Breakthrough sessions, Jane also offers ongoing private coaching.

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✦ Treatments offered at:
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