PERSONAL BREAKTHROUGH PROGRAMME

A powerful journey that liberates you from emotional pain

www.nikkijowen.com
WHO HAVE YOU BECOME?

Life is tough. For some of us, it can be exhausting.

The stressors of day to day life can be overwhelming. Like you’re walking around lost in a fog. Perhaps you’re struggling with a bereavement or divorce and it is impacting all areas of your life. Or extreme anxiety and stress are affecting your confidence.

You maybe feeling that life is deeply unsatisfying, disappointing and dull but you can't quite figure out what's wrong. You might be struggling to get out of bed in the mornings, have an eating disorder or find that you can't make important decisions very easily.

I’ve worked with thousands of professional people, each with their own unique challenges. So whatever your reason for not feeling at peace with yourself and your life, I can help you. By delving into the depths of who you are, you can be liberated from emotional pain.

I warn you that my approach is not for everyone.

It takes courage to open yourself up to feeling vulnerable. But, only by taking a deep and exposing look at who you are and the unconscious programmes you are running, can breakthrough be achieved.

Imagine feeling freedom from sadness, fear, anger and other self-sabotaging thoughts. How different could your life be right now in this moment?

“If you do decide to embark upon this journey of liberation and self healing with me, I can confidently say to you, expect miracles”

Nikki J Owen
“Nikki banished the darkness with light far quicker and more effectively than I imagined and even more completely than I ever dared to hope”

William Bowan-Davies, CEO Reuleaux Private Wealth Group

You observed and downloaded the behaviours of your parents or the people who brought you up, from the perspective of a small child. A number of these behavioural programmes are no longer relevant to you as an adult and end up damaging your self-worth and leaching joy from how you perceive the world.

During your life there will have been moments when you experienced trauma that caused you to freeze emotionally. At the time, you couldn’t process the full extent of your emotions and so to protect you, the unconscious mind suppresses these.

As a result, you end up living with these intense and painful emotions everyday.

Your body is on high alert endlessly trying to prepare you for a trauma that has already happened, draining your energy and leaving you emotionally and physically exhausted. These unprocessed negative emotions can become mountains of negativity that slowly erode your happiness and wellbeing.

The only way to change this is to collaborate with the unconscious mind to reach the frozen, younger part of yourself. Supporting them to feel safe and showing them that they have the resources to deal with what happened.

Only then, by helping your younger self can you feel a sense of liberation and inner peace.
Six Step Process

1. **Connecting the conscious and unconscious mind** to work together collaboratively to optimise the transformation after the session. Most of the deep change work happens directly with your unconscious mind yet your conscious mind wants to understand and process everything in a logical way that makes sense.

2. **Physiological releasing** - Lisa Sprosen is an amazingly gifted bodywork therapist who uses gentle touch and a somatic approach to address physical tension. You’ll be guided to soften the parts of your body that are creating barriers in your life so that I can work with you a deeper level.

3. **Emotional releasing** - over the years you have built up a store of old negative emotions that no longer serve you. In the same way that you want to rid your garden of weeds, this part of the process is like emotional weeding that clears the path to access deeper levels of you.

4. **Memory change work** - your unconscious mind will show you the core memory that will create the biggest positive transformation. This is the part of the process where “miracles” or the perception of miracles occur. I will help you to help your younger self to find peace by changing the way that you perceived the situation. We’ll look for all the emotional threads that are creating limitation within you.

5. **Cellular healing and vibrational shift** - you have 50 trillion cells in your body that have two operating mechanisms, survival or growth. As you release your negative emotions I will guide you into a process that shifts your cellular function into growth. You’ll feel a physiological shift and most people experience a lightness, warmth and an overwhelming feeling of love and compassion.

6. **Stimulation of your immune system** - As your lifeforce energy begins to flow correctly, Kam Winchester will use gentle non-invasive acupuncture to send signals to your body that accelerate the releasing of stuck negative emotions and promotes healing and improved circulation. This enables you to feel balanced and aligned to a healthier you.

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**Working with me is a journey that evolves moment to moment.**

Initially we will be working together in an intense way that involves an overnight stay so that you experience a quick and profound transformation in all aspects of your life. You’ll receive ongoing support based on what you need immediately afterwards so that you can integrate all the changes comfortably and safely.

Once you’ve achieved a feeling of balance and emotional relief we will continue our work together on a quarterly basis (either online or face-to-face) to remove further blocks that are preventing you from expanding your happiness and wellbeing.

This journey can be compared to an exercise programme. You wouldn’t go to the gym for a week and then say “that’s it now for the rest of my life!”

The work we do on your journey will continue to fill you with great joy as you evolve towards becoming a better version of you. You’ll notice that life feels easier, almost effortless. People will respond to you in a more positive way and you’ll feel that regardless of what happens you have all the resources within you to create the life that you desire.

**I offer you this chance to take a journey into the core of who you are so that you can feel liberated from suffering and become the person you are destined to be.**
Nikki J Owen is The Transformationalist who has pioneered an extraordinary approach to changing peoples’ lives based on three decades of study. She has evolved a unique methodology for transforming thinking and mindset by working with the unconscious and conscious minds. Her ground-breaking theories are at the frontiers of behavioural change and she has published two books, one of which was an international bestseller in the 1990s.

Her blueprint for transforming behaviour was launched in 2008 when she spent 5 years testing her processes at Shakespeare’s Globe Theatre (2008 - 2012). Her belief in the vital link between mindset and behaviour inspired her to create The Big Apple Experiment that uses insights from the pharmaceutical industry to demonstrate mindset intention on performance. She was consequently appointed as Positivity Advisor to The Expotel Group.

In 2012 she became an Executive Faculty for Henley Business School’s Advanced Management Programme and was described as an edge-walker because she pushes the boundaries of those who have become unwittingly trapped in their comfort zone.

During one of her career highlights she provided commentary for an international broadcaster about political leaders in the UK’s first historic election debate in 2010. Since then, Nikki has gathered a reputation for her emotional intelligence, incredible sensory awareness and a deep understanding of the programming that sits underneath behaviour, creating a wealth of business champions who continue to benefit from her approach.

Today she has worked with over 2500 individuals with a variety of challenges from anxiety, low self-esteem, relationship issues, eating disorders, sleep deprivation, improving sporting performance, bereavement, self-harming, anger management and emotional burnout. Her clients describe her as a miracle worker and will often travel thousands of kilometres to benefit from one of her programmes. If Nikki decides to work with you then you can confidently expect a miraculous transformation.

“Your approach is profoundly powerful. The value is unprecedented.”

Francesca Hodgson, Managing Director, Goodbox
Kam Winchester - Kam is an award-winning Intuitive Acupuncturist who graduated from ICOM under Greenwich University. She started her acupuncture journey in 2011 by undertaking studies for BSc Hons Acupuncture with Stems and Branches College. She is a member of the British Acupuncture Council and adheres to their codes of conduct. Her training includes Classic Chinese Stems and Branches and the 5 Element System of acupuncture, along with the more commonly known as Traditional Chinese Medicine (TCM) method. Kam works with each client in the moment based on what their breakthrough session has triggered.

Lisa Sprosen - As a wife, mother and businesswomen, Lisa noticed she no longer had the time to listen to her true self and was not living life to the full. She was doing and not being, having lost balance in her life. In 2012 during a confused and hurtful time, Lisa was introduced to Rosen. In 2015 she trained in yoga to learn how to slow down and breathe and combines breathwork with light hands-on touch to listen to the way your body is communicating. She will help you to build a stronger connection with your heart to optimise your breakthrough sessions.

“The mind and body are interconnected which is why I work with a talented team of intuitive practitioners who are experts in their chosen field.

Unprocessed emotions are ‘held’ by the body which causes a tightening of the muscles. Lisa Sprosen uses her powerful intuition to guide a light hands-on touch applied onto these areas of tension. This softens all the compacted emotions and means that I can work at an even deeper level. After each breakthrough session your energy will be working hard to align and adjust to the changes. Kam has extraordinary sensitivity to emotions held in the body and uses gentle acupuncture to re-balance your energy.

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“Working one-to-one with Nikki has enabled me to transform traumatic patterns of behaviour into a new positive path.”

Wendy Kier, Entrepreneur and Founder Get Clients Online
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