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Alchemy Techniques [www.alchemytechniques.com](http://www.alchemytechniques.com) - EFT - Emotional Freedom Technique - TIR - Traumatic Imprinting



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# Alchemy-Techniques

Matrix Re-imprinting - Whole Hearted Healing

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## Home

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The goal of Alchemy Healing Techniques (AHT) is to provide people with the tools to heal their core emotional traumas and thereby enable them to express their core essence and experience a state of unity or oneness.

So how do we go about transforming ourselves?

Trauma Healing. The quality of our life experience, including our relationships and our emotional sense of well-being, is largely dependent upon the influence of past traumatic events on the present moment. In other words, past traumatic experiences colour our current experience. AHT draws upon the latest developments in trauma healing and its own research to provide techniques and protocols for quickly healing large parts of our traumatic material. This is the key part of the transformational process, as without it we tend to fall back into dysfunctional patterns of behaviour, however well intentioned or disciplined we are.

Alchemy Practices. Drawing on our own research and the wisdom of other approaches to personal alchemy such as Chi Kung and shamanic healing, AHT presents a number of techniques for experiencing elevated states of consciousness. These include techniques to experience 'oneness' with our environment, become more present in the current moment and experience more joy in our daily lives.

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