



REVERSE SPEECH SESSIONS

Hear the voice of your unconscious mind!

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How does Reverse Speech help you to make change?

Reverse Speech operates on the premise that we process our experiences on an unconscious as well as conscious level. The unconscious mind thinks, communicates and organizes behavior using pictures and images which Reverse Speech calls *metaphors*.

In order to change your life, you must first alter the *metaphors* which structure the unconscious. In a way, you might look on the unconscious metaphors acting as the 'engine drivers' in your life.

These metaphors are representations of beliefs you hold about your life and experiences, and it is the dysfunctional metaphors which affect your thinking and promote behaviors which are not beneficial. As a result, when you look at your life, you may feel dissatisfied, maybe you yearn for more expression and loving or you simply want to be at peace.

Ideally, once you become aware of what has been influencing your thinking and your actions, and indeed what you have created so far, you now have the power to choose whether to continue doing what you've always done OR... you want to make a change.

And this is where the **Metawalk** comes in.

To change the metaphors - *the drivers in your unconscious mind* - we use a series of individually designed visualizations, each called a Metawalk, in which you undertake an imagined journey according to the metaphors found. So you will travel a pathway through the unique map of your unconscious mind.

During the Metawalk you will see or sense these metaphors and under the instructions given by your unconscious mind, be able to shift and alter these images. As these pictures shift and alter, so does behavior change and alter in the physical world.

The results are often long-lasting change of unwanted behavioral patterns accompanied by a visible change in life circumstances. In a sense, it's how you make your dreams come true.

Reverse Speech & Metawalks

With the analysis of the initial recording session, messages that have been given by the unconscious mind generally give an accurate description of what is transpiring at an unconscious level and reveal the causes for current behavior and circumstance. This can often reduce the therapeutic process by months, if not years, because it allows us to see precisely what is creating current issues.

Following this step, a further recording session is conducted to ask the unconscious mind how these patterns and causes can be shifted and altered according to desired outcomes. The reverse messages in this recording usually reveal some very precise steps that can be taken to change these patterns. So, not only do you find out what's causing the problem but you also find out how to fix it.

Description of One Round of Reverse Speech Session Work

1. Initial Recording session
2. Discussion & Report session about the reversed messages found
3. 2nd Recording session (to get instructions for change from the reversals)
4. First Metawalk
5. Second Metawalk

A break occurs here for integration – approx. 3-4 weeks.

6. Monitor Recording session (to find out what has changed & what else needs to be done)
7. Final Metawalk – to cement the changes

This describes one round of session work. In the ideal scenario this process can take approximately 8 weeks.

Most people tend to enter into another round of session work at a later stage to complete what has not been finished at that time or to address other issues.

Session Pricing

Reverse Speech Exploration Session - \$150

If you'd like to explore something that's been on your mind and to have the experience of listening to your unconscious mind, choose an Exploration session.

This includes a brief recording session in which we explore any issues you may have. After this I analyze the recording using Reverse Speech techniques to find the underlying patterns responsible. The price reflects the recording, extensive analysis and a second appointment for transcript reporting and in-depth discussion.

You also get a copy of your transcript to work with during our report session. Having this transcript copy is really useful for later reference, further contemplation and integration of what has been brought to your consciousness.

To book your session email me and we'll schedule an appointment. annette@lifecounsel.info

As soon as your time is set please go ahead and use the Reverse Speech Exploration session payment button on the website: <http://www.lifecounsel.info/sessions.html>

Would you like to go further?

If, after the completion of this Reverse Speech Exploration session you wish to continue on into the Full Round of Session Work which includes the Metawalks, you will receive a 10% discount off the total cost. See the Full Round details below.

Full Round of Metaphor Restructuring

* Comprises 7 sessions – including three recordings and three Metawalks.

Recording sessions = \$275 ea.

All other sessions = \$125 ea.

* Sessions are spaced one week apart other than a month's integration time after session 5.

* All sessions can be conducted over the phone or one-on-one if feasible. All phone charges are carried by the client.

Your first step is to contact me via email with your request to begin session work and we'll schedule sessions 1 through 5 in advance.

* A deposit of \$400 is required before beginning session work and then payments are made prior to following sessions.

Email: annette@lifecounsel.info



Annette Janover

Reverse Speech Practitioner, NLP Master Prac., Dip. Clinical Hypnosis,
P. G. Dip. Psychotherapy, Huna Alaka'i – Teaching Assistant ancient
Hawaiian Science of Healing & Spiritual Development

"Thank you for your Reverse Speech course that I recently undertook. I have been presently surprised and can feel the improvements already, my self esteem has increased and my control of some of the negative baggage from the past has improved beyond all expectations. I can recommend without hesitation the experience and I am amazed at the accurate interpretations of the reverse speech made by you personally. Thank you for your compassion and advice." **John B. Ewens, Chairman, Smart Property Group**

Having been in the field of healing modalities for over 10 years, I have come across many different forms of emotional healing techniques. Reverse Speech is without doubt one of the most specific tools for gaining insight to resolve issues that may have taken years of wandering blindly looking for solutions. It will give you the simple truth of any underlying issue that cannot be possible with any other known technique as far as I am concerned. Reverse Speech is truly the answer. **Shawn Lergessner, Naturopath**

Annette and I worked on two principal issues - starting a new consulting business and weight reduction. After several years of procrastination, there is no doubt that the sessions with Annette strengthened my resolve to actually start the consulting business, which is now running well.

Bill Radcliffe, MD, On Track Business Diagnostics

Why I like Annette Janover as a life counsellor is her being allows me the space to be vulnerable, to release my pain. She then gives me the tools to move on and raise my vibration to a higher level to become a conscious creator...I believe she has a good 'bullshit detector' she allows me to be real with myself and with her. I don't feel like I need the protection of my ego in her company". **Sharne Warren, Web Site manager**

Thank you for your assistance. Just chatting with you, I saw so many connections, that I could never have made on my own. I have been to therapists before, but did not experience the clarity which happened when talking to you. Keep up the good work". **C. Potter, Meditator**

In her reverse speech sessions with me, Annette was both acute and kindly, asking the right questions and subsequently offering helpful interpretations and insights into the speech "reversals" which she detected. These reversals can be confronting, direct and obvious to the client. They can also appear obscure when couched in metaphoric, archetypal or mythological language. This is where Annette's wisdom, knowledge and psychological skills came to the fore, shedding light, answering questions, offering guidance." **Rebecca East, Writer**