

# ASPIRE

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## DESIGN OFFICE

3rd Floor Offices, 29 - 35 St Nicholas Place, Leicester LE1 4LD  
Telephone: 0116 251 7385 Facsimile: 0116 262 6280

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### \*Tried & Tested\*

## Theta Healing from Louise Richardson

Based in Narborough in Leicestershire, Louise Richardson offers Theta Healing, alongside more traditional counselling to get to the route of the negative, pent-up energy that is causing your emotional, mental or physical pain.

Theta Healing is a different therapy that works with negative belief systems that a person may have taken on board during childhood or at other times that have stayed with your subconscious. These belief systems are not serving you well in your current life. Louise explained: "It is called Theta because we use the theta brainwaves to do the work, like with hypnosis. Theta healing can be likened to a computer, the brain, having a virus. In a computer you dig down to find the root cause of the problem and then remove it and replace it with a much better, higher-spec programme. This is, in effect, what Theta Healing does and it is a very powerful way of dealing with problems. We're not doctors, so we cannot say we 'cure' people but I can't tell you how many lives have been significantly improved by this therapy, myself included. As Theta is an holistic therapy, it is most often used alongside conventional, Western medicines."

Louise recently saw friend of Aspire, Mick Merry, who has been suffering for the past 14 months with chronic back pain. This back pain began in November 2012 when Mick slipped a disc on holiday. Whilst the slipped disc has since healed, Mick has been left unable to work due to pain caused by the resulting damage to his nerves and surrounding tissues.

Mick said: "I was really sceptical about going to see Louise but I've tried physiotherapy, strong painkillers and even acupuncture so I thought



*'why not'. Although I was sceptical, I went in with an open mind – I think this is key – and I was thoroughly impressed. It was awesome! I sat with my eyes closed for an hour while Louise asked me a series of questions about life, my relationships and my friendships and when I left, everything just seemed so much brighter. I felt so much more confident. Louise said I was very receptive to the healing, which I think has to do with the struggle I've been on these past 14 months. I am more than ready to be healthy and back to my old self again. I plan to see Louise again because if this is how I feel after just one session, I can't imagine where I'll be and how good I will feel after more. I would urge any Aspire readers who are suffering but sceptical to call Louise and meet with her, even if it's just once, because I promise you, you will go back.'*

As well as face-to-face session, Louise also offers Theta Healing via telephone or Skype. For further information, or to book your initial consultation with Louise, please call **0116 2541865**, email [h1r88@hotmail.com](mailto:h1r88@hotmail.com) or visit [www.louise-richardson.co.uk](http://www.louise-richardson.co.uk)

