

## What is the cost of a session?

My fee is \$100 per hour (including GST)  
The first session lasts 1.5 hours costing \$150.  
Subsequent sessions offer you a choice:  
Half hour: \$50  
Full hour: \$100

Typically, a minimum of three hours is recommended. Packages are available which offer convenience and cost savings.

## Where do we meet?

Sessions can be done face to face, or via telephone. If you live in Perth, my preference is that you come and see me in person for the first session. Skype, with or without a webcam, is also an option, though not always a reliable one.



### Testimonial >>>

*"Carla's process allows you to move past situations, both conscious and sub-conscious, that you have difficulty in accepting and that are standing in your way of living a clear and functional life. It is a very real and palpable process which leaves you feeling balanced, objective and calm and functioning on a much clearer level. The complete process offered by Carla clears deep seated issues permanently and I have been able to change the way I approach both work and my personal life. I thoroughly recommend theta healing and Carla to anyone. I am more than happy to discuss her work with you".*

- Ruth

## Let me introduce myself!



*For nearly 30 years I have helped people bring change into their lives. I am life-experienced and compassionately devoted to assisting individuals to connect with their deeper being and truth and so live with renewed enthusiasm, light-heartedness and confidence. I am a published author, and my memoir *God's Callgirl* is an international best seller.*

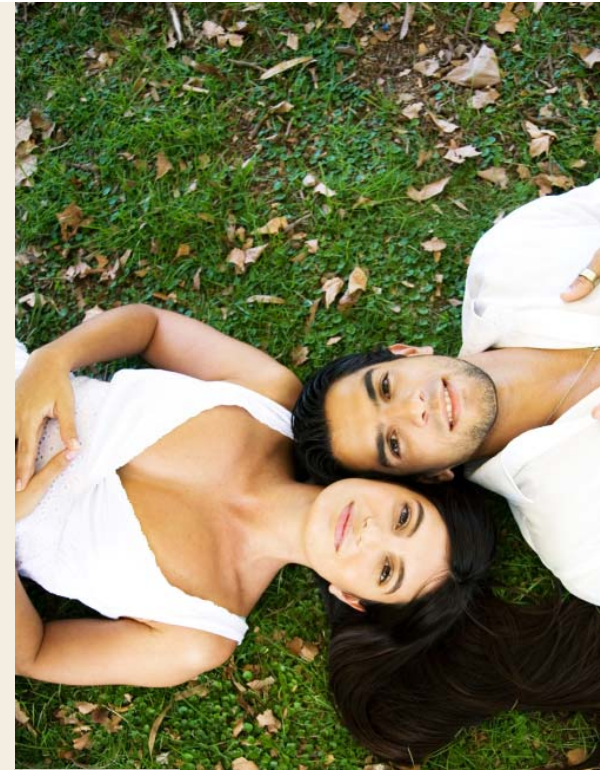
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CREATING CONNECTED  
COMMUNITIES by

## Healing Relationships

Theta Healing for Sexual Wellbeing



Astarte



Astarte



## Theta Healing for Sexual Wellbeing

- Do you want to feel light, clean and enthusiastic about sexuality?
- Do you want to enjoy more sexual freedom and pleasure?
- Do you want to lose unwanted shyness and embarrassment?
- Do you want it to be easier to connect with a partner?
- Do you want to feel true, full and beautiful masculine or feminine energy?

If you answered **yes** to any of the above, I can help you.

### Testimonial >>>

*As an engineer I must admit that I was sceptical at first with regard to theta healing. I still find it difficult to comprehend but I immediately felt a warm glow emanating from my body. This was accompanied by a sense of calm and happiness. With the help of theta healing I have learnt to feel and understand my feelings which in turn releases their power over me. I now feel more in control of my life than at any time in the past. I strongly recommend her to anyone, sceptic or believer!*

- Bill

# Healing the planet from within self.

## Introduction >>>

Very few of us have survived childhood, adolescence, and the entertainment world without being negatively conditioned about sex. From birth, most of us have been conditioned with ideas about sexuality that are not healthy, life-fulfilling, realistic or heart-centred.

Sexual energy is a basic principle of life. We are sexual beings - physically sexual, psychologically sexual and spiritually sexual. It pays to give ourselves the time to find out exactly what drives our sexuality. To deny it, or suppress it, is a certain path to problems. Sexual energy is meant to be enjoyed.

It is the Creative Principle, the very force of life itself, and can be expressed in many ways – yes as sexual intercourse, but also as spontaneous sexual play in partnership, or alone. It can be felt in ecstatic meditation, and expressed as dedicated, compassionate love for all of mankind, or as creative pursuits such as music and art. Even beautiful homemaking is an expression of sexual energy!

Sexual energy can be expressed positively or negatively. Disharmony within ourselves and within our sexual relationships is a manifestation of negative sexual energy. Also, an inability to get on with the opposite sex is an indication that some healing is needed.

## Healing Tools>>>

What steps can you take to restore harmony and enjoy sexuality in a clean, full and healthy way?

The keys through Theta Healing and other modalities you will:

1. Learn to feel true self-love and its close ally, self-appreciation.
2. Remove guilt and shame
3. Gain psychological insights.
4. Change your beliefs and feelings.
5. Adopt new, different behaviours.



## What is Theta Healing >>>

Theta brain waves and natural intuition are used to connect with the 'Energy of All That Is' – Source, Spirit, Creator, God. Healing and transformation are brought about through focused intent and the force of unconditional love, creating miraculous, positive changes. Theta Healing transforms toxic emotions. The uncomfortable feelings which can range from subtle to overwhelming and are constantly in the background or popping up at inconvenient times. This soundtrack to your life arises from conditioned beliefs. Theta Healing transforms those beliefs and feelings. You are given the opportunity to align yourself with your truest self. It is here that your joy resides, your power, your solid self-confidence and real self-esteem.