



## *Activate the power of positive change in your life*

In the fast paced lifestyle which seems to be a common part of today's world, we often don't have time to unwind, refocus and energise.

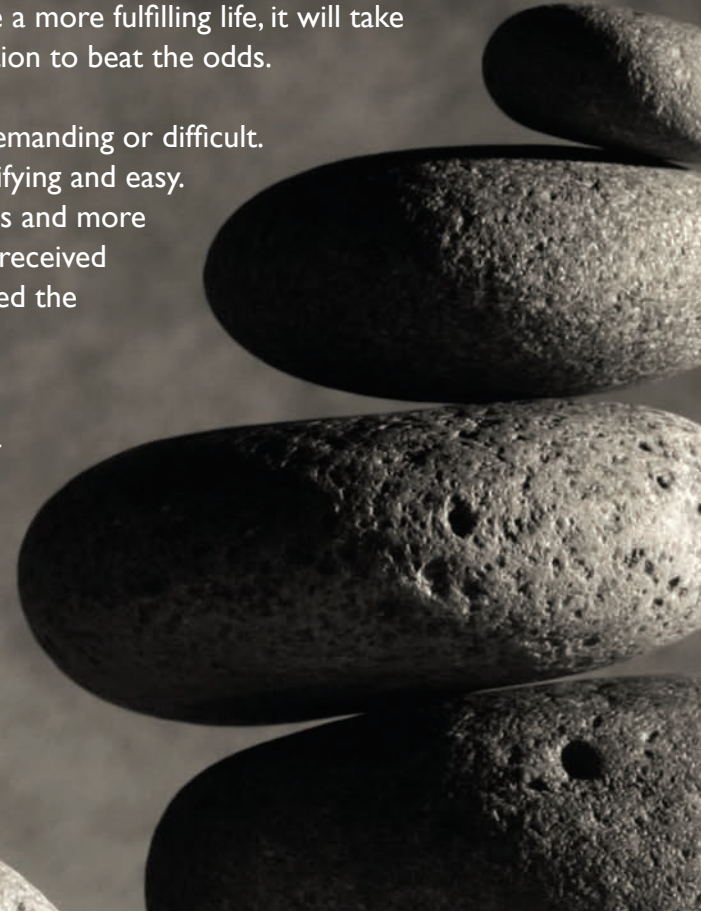
Ensha has a background in the study of many proactive approaches to holistic health. She is a natural therapist, with an interest in the relationship between the body, mind and spirit. Ensha has been involved in Holistic Therapy since the 1990's, having a natural ability to communicate on a level that is appreciated by many. With a deep understanding of how the mind works, she specialises in techniques that expand and refocus thinking patterns, assisting you to make higher and better choices.

Ensha combines a practical common sense approach with new ideas, beneficial for replenishing the body mind and spirit. Activating the power of positive change for you.

Pellowah has positively changed the lives of many. We live in a time where we seem to accept the stresses of life as being normal and that if we wish to have a more fulfilling life, it will take will-power and determination to beat the odds.

It doesn't need to be so demanding or difficult. Life can be rewarding, gratifying and easy. Pellowah has bought all this and more to many people who have received treatments or have attended the workshops.

Pellowah is a simple and yet highly effective form of energy healing, bringing clarity and ease to all situations. In time, difficulties, anxieties and doubts will be in your past and you will be powering into a fulfilling future!!



Pellowah works on all levels and is a Simple, Powerful and Effective way to create positive change. Pellowah unblocks and re-aligns all meridians within the body, leaving you with a feeling of well-being.

Experience greater clarity of mind, enhanced communication and improved problem solving skills. As a result, you will make better choices in life with much more confidence.

### **Key Benefits of Pellowah**

- Unblocks & re aligns the meridians
- Brings clarity of mind, greater problem solving skills
- Allows you to make higher & better choices.
- Clear communication
- Greater decisiveness
- More objective outlook on situations
- Increased self confidence
- Personal growth & expansion
- A new unlimited perspective of life
- Overall well-being & balance

### **Pellowah Level One Workshop**

*"Cross personal bridges more quickly and more easily. Phenomenal fast tracked growth"*  
Marie A, Property Manager

Pellowah Level One- Brings increased self-confidence and decisiveness, as well as new and expanded ideas. Enabling you to make higher and better choices, with more certainty. Pellowah leaves you with a feeling of inner strength and well-being that lasts and in fact seems to get stronger as time goes by. –1 day workshop

### **Pellowah Level Two Workshop**

*"It is amazing to see my life unfold effortlessly. I am constantly reminded that life can be easy."* Georgia Wilson, Zhem Guide

Pellowah Level Two - Increases your personal growth and expansion. You begin to take the necessary steps required to fulfil your goals with much more energy, enthusiasm and ease. Having established a greater sense of your own inner authority and self confidence, you experience enhanced problem solving skills, clearer communication as well as greater level of well being in all life areas. –1 day workshop

# **Pellowah Healing**

*"Transformational -. Opening up awareness."*  
Eric D - NLP Master Trainer & Consultant

*"Builds confidence to step forward. Things just work."*  
A New Beginning, Carol C

*"After Pellowah, life is a lot clearer and things just fall into place."* Marie T, Teacher

*"You may not feel the effects immediately but after a day or two the difference is amazing. I get stronger and stronger every day."*  
Gillian S - Kinesiologist and Massage Therapist

*"You gain strength, courage and confidence through Pellowah."* Rachael D, - Wild Life Carer

*"Allows you to see challenges objectively and from a distance rather than being immersed in them."* Sandra R - Awareness Matters, Seminars and Training

*"The fog lifts from your soul as the light beams into all the creases in your life! You may find you ask yourself, 'When did that happen?'"*  
Gail - Higher Self Life Coach & Teacher

*"It has been a very exciting time since I've started attending Ensha's training sessions. It has definitely been a major milestone in my professional and personal development I have become more settled, working with less stress and observing things from a different prospective. This has resulted in better performance in my job and my goals are achieved much faster than before. Our family business has grown immensely bringing even more success than we had ever dreamed. I would recommend Ensha to anyone who desires a more fulfilling life and business growth. Professional and personal expansion."* Zhana D - Oris Vista Pty Ltd

# **Powerful, Simple, Effective**