



## Press Release

31 March 2007

### **remedies™ Public Play Day Create Your Life DIY!!**

Have you been wondering why you can't seem to get what you want in your life? Why life sometimes seems so difficult and challenging and relationship is creating more pressure than pleasure in your life?

*remedies*™ Public Play Day endowed a first-hand chance to let public participates experience the theme of "How to create your life through relationships" through the guidance by a group of practitioners. Using different life empowerment tools, participants also experienced the "**Ultimate Love**" **Formula** in finding the clues of consciously creating your life.

"When we get to know our own self, it's just like an onion. We can only get to know our heart's deepest desire by peeling off layer after layer. Many people spend a lot of time on complaints (things they don't want in their lives), and they don't have the motivation and determination to move on. This is what life empowerment can help!" Shirley Kuo, Spiritual Response Therapy (SRT) Practitioner of *remedies*™, said. Life empowerment can lead people to step forward and face their challenges. Knots, therefore, can be readily untied.

Life empowerment can definitely help us to face our everyday challenges. Yet, it can also nourish our life. Karen Chan, the hypnotherapist of *remedies*™, uses "flowers" as an example. "Flowers can only grow healthily and brilliantly with sufficient and appropriate nutrients. Life is just the same. It is not difficult to possess a rosy and desirable life if you take proper nourishment. Getting to know our needs is the prerequisite of creating a beautiful life," Karen explained.

The 5 steps "**Ultimate Love**" **Formula** can embark us on this exciting journey on creating your life:

1. Know what you don't want;
2. Select what you do want;
3. Get clear;
4. Feel how exciting it would be to have, do, or be what you want;
5. Let go.

Haymans, the client of *remedies*™, likes an epitome of modern people. When incident happens, she would intentionally hide the real feeling, neither of smiling nor a long face is put, and her emotion starts fluctuating. It seems normal to many. However, time goes by as herself and people around would be harm. Even when the problem is discovered, there is no motivation to seek for help. Haymans knew the problem and she went to *remedies*™. The practitioners in *remedies*™ guided her to discover what exactly she wants. And now, Haymans lives with joy in her life. She is willing to share her empowerment experience with friends. "Create Your Life" helps her to stand on her own feet.

Missed the chance to understand how to apply the "**Ultimate Love**" Formula by using the different life empowerment tools? Another chance is now for you. There will be an afternoon and evening session on 16 April (Monday), an afternoon session on 12 May (Saturday). Reservation in advance is preferred (Annie K. Tel: 2573 3600). Any queries regarding the life empowerment tools are welcome and will be answered by the practitioners. So still want to miss it?

### **About remedies™**

*remedies*™ is the first life empowerment centre established in Hong Kong which has a group of practitioners to facilitate various personal and group empowerment work for the body, mind, and soul. These tools include Spiritual Response Therapy, Negative Belief and Emotional Release Workshop, Pendulum Dowsing Workshop etc. For more details, please visit [www.my-remedies.com](http://www.my-remedies.com)

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