

One -to- One Sessions

What I do

1:1 sessions cover a number of purposes depending on what the person is asking for and what is needed. including:

1. working with moment-to-moment awareness in body, emotion, mental & spiritual to become the observer. Many people experience this work as unlocking closed doors. This process holds the blocks that builds the foundation of real prayer and meditation.
2. working out how to work through conflict / problems – within yourself or with others
3. developing capacity for meditation and (where there is interest) help the person open to the Teacher(s). This work sometimes includes focusing on energy centre alignment work.
4. physical, mental, emotional energetic healing work
5. sometimes, often, a mixture of 2 or 3 of the above

In all this work, a Teacher is helping where needed or I ask for his intervention. I used to work as a therapist for over 3 decades and taught an accredited Therapy Course (that I wrote) for over 25 years. The work I did has evolved as I have grown some and been shown a lot.

The work done in point 1 above, is a gentle approach to moment to moment awareness; helping the person to move past explanation and story, into what is happening each moment and on whatever level is most dominant in them. This work also helps the person see how to 'line-up to' or 'meet' momentous or difficult experiences. It teaches a person to take the 'drama' out of the moment.

The work I do, in point 2 above, deals with everyday personality and ego issues but my focus is not psychotherapy. The focus is to help the person gain a capacity to relate with the issue, and themselves in it, by helping the person to:

- learn to identify the difficulty/ conflict
- learn to find a way and place to stand in it
- open to it, and themselves
- open their heart and kindness towards themselves in.
- Kindness and non-judgemental-ness often allows a degree of resolution to take place.

Where I work

Internet

Because of the current corona virus situation, I can see people in internet interviews. Usually I use googe.meet which is exceedingly easy for clients to access.

1:1s on internet will start with a Watts App phone call until we are set up on the google.meet.

Normally

I work from home in Glasgow. When I travel to do workshops; I usually make a day or two available for 1:1 sessions at or near the workshop town. Those sessions are booked by the workshop organiser.

I have a set charge, but can reduce the fee for people who are unemployed or can't afford the fees. 'click here' to email or phone if you are looking for help.

If you are going to contact me by phone, then please text what your interest is and when I can phone you back. Don't leave a message. I am often unable to answer the phone but will get back to you asap or when you designate is a good time. My phone nb is 07854 795 804.