

How Siramarti Process Techniques Can Support Your Healing Practice

Hello, fellow healer

Suzie St George here.

I am co-founder of the Siramarti Personal Growth Process and educational director of Reach Potential. I have a passion for both transformational healing and teaching and it gives me great pleasure to have this opportunity to 'speak' to you.

My colleague, Fiona McDougall, and I are always delighted when other healers want to join us in using the Process techniques, either for themselves personally or as part of their practice. However, from time to time a person in a healing profession looks at me sceptically when I say that the Siramarti Process healing techniques could greatly improve the effectiveness of what they already do. Therefore, I have compiled a list of FAQs on that subject for your interest.

Please feel free to ask me any other questions you might have via suzie@reachpotential.com.au

Question 1

What is so special about the Siramarti Process techniques that they could support my healing practice?

Answer

Most healing modalities specialise in one or two aspects of the human self. For example, masseurs or shiatsu practitioners focus on the body; psychologists on mental or emotional adjustment; spiritual teachers use techniques that are based on the power of energetic healing. However, the Siramarti techniques are multi-faceted in their effect on consciousness. Therefore, using just a few appropriate techniques with your clients will strengthen your own work by ensuring it can be fully embodied into every aspect of the self – emotional, mental, body and higher self.

In addition, it is particularly helpful to healing practitioners that our intermediate visualisations target specific problems that many healers experience with their clients, such as procrastination, resistance or an unwillingness let go of the past.

Question 2

I am a Yoga teacher and not directly involved in healing individuals. Would the Siramarti Process be useful in my group practice?

Answer

The key visualisations can easily be incorporated as an introduction to other meditative practices in groups (or as a means of settling any support group before moving forward). The use of a simple Siramarti visualisation will ensure that your clients have the benefit of being centred and in touch with their higher self calm and wisdom during their practice of Yoga – or any similar methodology that works with energy fields.

Question 3

Will learning these techniques take long to learn?

Answer

The basic Siramarti techniques take about 1 – 5 minutes per day. (See our online course: *Inner Peace All Day Every Day*) Once you are familiar with them, you can then choose to be trained in how to use them with others via a 6 – 8-week training course for 1 hour per week.

Question 4

From my reading it seems that the Process mostly uses visualisations to effect change. I already use my own visualisations, so why would I benefit from the Siramarti ones?

Answer

There are certainly many useful and soothing visualisations available, but none engage the whole brain as does the Siramarti Process. This means that the ability of most visualisations to integrate change fully into the whole personality with its mental, emotional, body and higher self aspects is restricted, unlike the Siramarti techniques that create a balanced and, therefore, full use of a person's inner resources.

Question 5

I have heard that you do not advise using the Siramarti techniques with others if I do not use them for myself. Is this true and if so, why?

Answer

This is true. The Siramarti Process is designed to create a strong healing resonance in the healer as well as giving the recipient of the type of well-being they need. When you have integrated the basic visualisations for yourself, your energy field is stronger and more powerful in its ability to provide an energetic Light for others.

Question 6

Can the Siramarti Process assist me with specific issues I have with my healing practice, such as personal fatigue, difficult colleagues, or overdependence in my clients?

Answer

We would not guarantee that the Process would be relevant to every circumstance, but it is highly effective in addressing common problems of the types you have mentioned.

Question 7

If I do choose to use the Siramarti Process, do you offer support in using the techniques with others?

Answer:

Absolutely. We supply online workshops for people who wish to be guided in using the Process and those who wish to share the basic techniques. The more advanced questions a

practitioner may wish to ask can be answered directly or through one of our support workshops.