

THE JOURNAL

THE REPORT: FINE TUNING FOR FALL

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Let Go

The change of seasons represents the ability to transition from one phase of your life into the next. In Traditional Chinese Medicine, autumn is very much about “letting go” of unhelpful patterns and thoughts, allowing you to plan (harvest) for the future.

But letting go is never as easy as it sounds, especially if beliefs, relationships or psycho-emotional patterns are deeply embedded. Ms Katie Light, London’s foremost intuitive therapist ([thelighttechnique.com](#)), combines Neuro-Linguistic Programming with massage, Reiki and visualisation techniques to help clients release counterproductive behaviours and old emotions.

“Once a client is aware of what it is that they need to surrender, I take them to the moment in the past where it all began and find the ‘emotional hook,’” she says. It is at this point that she employs a variety of techniques to help clear or resolve the problem. “And, as with everything in NLP, the old negative pattern is replaced with a new, positive behaviour.”