

# The Power of Self Directed Healing

**Online Short Course Guide**



[www.inspiredhealing.com.au](http://www.inspiredhealing.com.au)

Online Short Course

# The Power of Self Directed Healing



With Claire Besley  
CEO & Founder of  
Inspired Solutions & Self-Directed Healing.

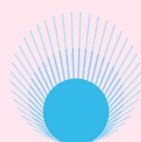
Life doesn't come with a handbook, and we often go through this journey completely ignoring the signs.

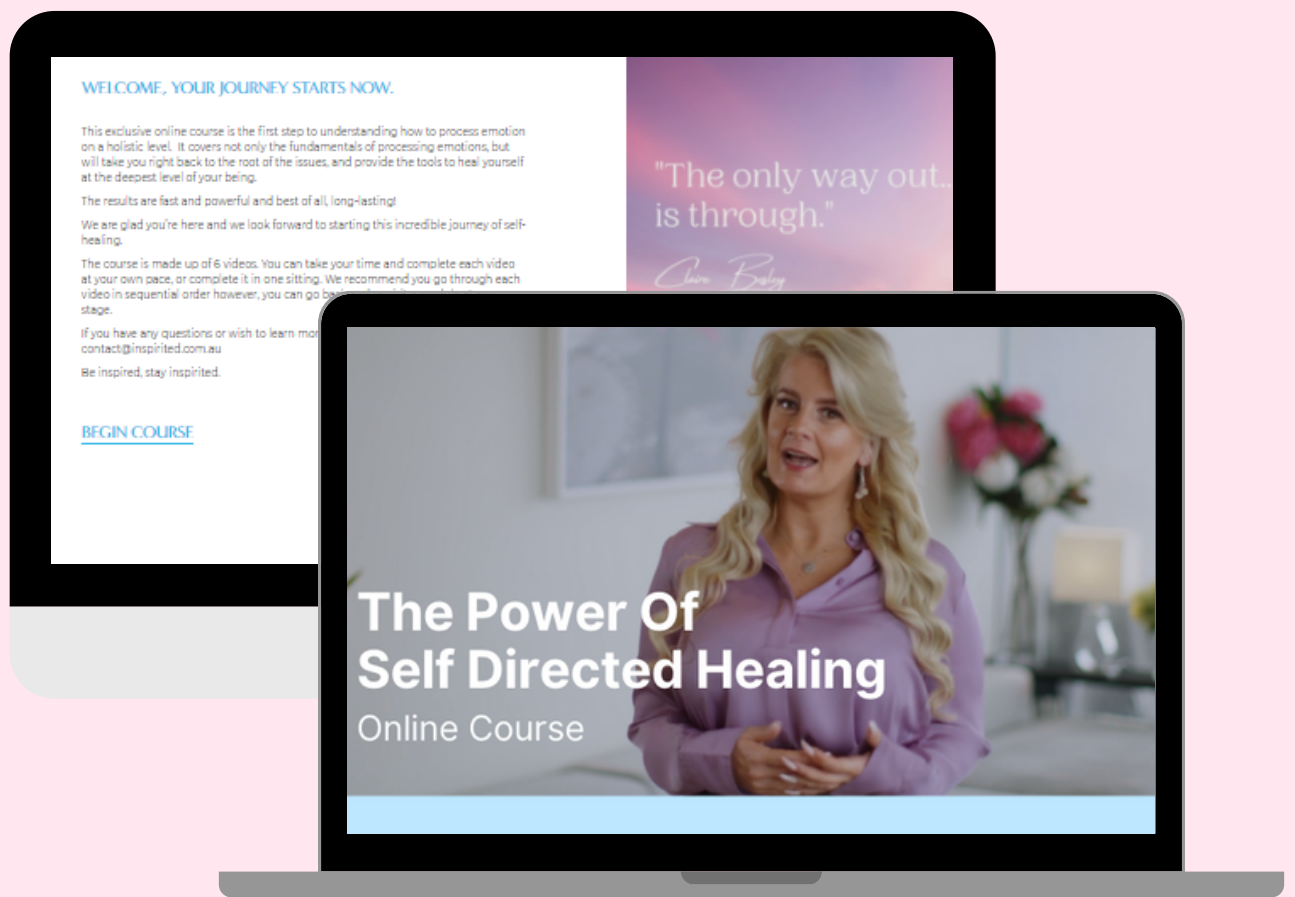
Why are we so afraid to feel, yet get so caught up in our thoughts?  
What does it really mean to be emotionally healthy?

Why does living an abundant life, free from anxiety and depression feel like such a foreign way of life?



In this online exclusive, you will be introduced to Self Directed Healing and explore the first steps into the modality. You will start the journey by learning some of its most powerful techniques and be given the tools so you can live a life where you actually get to be HAPPY!





For the first time ever the fundamentals of SDH are now exclusively available online in a 6 part video series.

Claire takes the viewer on a journey of deep discovery and healing by breaking down some of the larger practices of SDH into captivating modules.

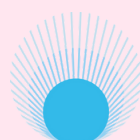
An introduction to the revolution that is Self directed healing. You will understand why everyone falls in love with the modality and the long-lasting results you can achieve.

**On Demand Videos**

**Unlimited Access**

**Bonus Downloads**

**Exclusive First**



# Course Modules

Introduction



01



Finding Clarity

02



Unmasking The  
Conditioning

03



Reflect & Connect

04



Limiting Beliefs

05



Pay It Forward

06



What's Next?



More from Inspired



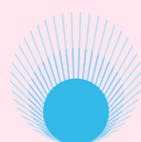


## " Life Changing "



I was introduced to Inspired and SDH by a friend who, as a practitioner of SDH offered a healing. The shifts in emotional blockages and pain were seismic, the relief was immediate and most wonderfully I found myself full of joy. I have worked for many years in a well intentioned health care system that, despite highly skilled clinicians, very rarely can meet the emotion, social and spiritual needs of the people they care for. All the while knowing emotional trauma, blockages and mindsets are perhaps the most important part of the management of chronic disease and pain. Finally I have found a practical and effective healing modality which is now part of my own healing journey and one I want to share with others!

- MOLLY





———— STAY CONNECTED ————

