Meta Therapy

Meta Therapy is a way of dislodging fears and other unhelpful thought forms and emotions so you can move into a state of flow, harmony, and synchronicity.

The name 'Meta Therapy' is a term I have created myself, to be able to put a name to a form of therapy that I intuitively conduct on clients. It looks at a problem through a metaphysical lens and breaks down issues in to their most basic (metaphysical) components i.e. does it actually exist?

For example, a client feels afraid that their partner is going to leave them, a meta conversation might look like this (simplified version):

Therapist: "why is this so bad?"

Client: "I'll be heartbroken"

Therapist: " what do you mean by 'heartbroken'"?

Client: "upset, angry, sad"

Therapist: "What is sadness?"

Client: "a horrible feeling"

Therapist: "what is a horrible feeling?"

Client: "something that will ruin my life"

Therapist: "how will it ruin your life?"

Client : "it will stop me from taking action I need to take, I won't want to do anything, I'll feel too low and lethargic"

Therapist: "Is it the emotion that will ruin your life, or the lack of action"

Client: "hummmm, I guess technically, it's the lack of action. If I stop going to work and paying my bills, my life will be ruined.

Therapist: "how can you ensure this does not happen"?

Client: "keep taking action to improve my life and situation, even if I feel sad"

Therapist: "What action could you take"?

Client: "set goals for the future that excite me and give me something to look forward to, and just make sure I find the strength to complete the goals"

Therapist: "have you felt sad before"?

Client : "yes many times"

Therapist "did you overcome it?"

Client: "yes"

Therapist: “do you think you can overcome this?”

Client: “eventually, yes”

By working through a process of questioning what’s ‘behind’ the issue, we often find that the problem that we think we have, does not actually exist, or it does but it’s not as extreme as we have imagined. When we realise this, our minds are then able to let go of the problem, since we now know that it is not real, or we now have the confidence that we can overcome it.

Some problems are real on a physical level i.e. you have no money or you have a broken leg, however a lot of the emotional and psychological attachments that we have attached to the physical problem are not ‘real’ when looking through a metaphysical lens, the veil of illusion is lifted when we look in this way. Although we can not immediately change physical issues i.e. job loss, car accident, family member passing away, we can lessen the emotional and psychological impact of them by breaking down the fear that we have attached to them and rationalising it through a process of inquiry as shown in the example above. All ‘negative’ emotions are rooted in fear.

Costs

A one-hour sessions is £60. It’s possible to book one session, however you may not see the results you desire in one session. The recommended number of sessions is five sessions, however each individual case is different and thus requirements may vary, this can be discussed at the initial consultation stage. My aim is to reach your desired outcome in as few sessions as possible.