

# RESTORING THE HARMONY WITHIN

Albert Einstein presented that 'everything is energy' and Serge Benhayon expanded on this: 'and therefore, everything is because of energy'. It confirms that, underlying all illness and disease, is an ill energetic root cause. Resolving this ill energy initiates true healing.

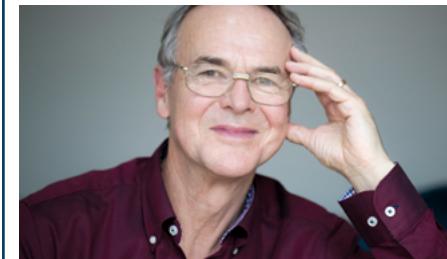
The Esoteric or 'innermost' approach helps discard what does not belong to build the re-connection to our essence. The more deeply we re-connect, the more the body can activate its own healing power and resolve the root cause of any issue.

The Esoteric practitioner's role is to assist the client to facilitate their own healing, supporting them to discard all that is not in harmony with their true nature. These healing modalities support us and our body to restore harmony physically, emotionally, mentally and energetically.

As harmony is restored, the desire to deepen naturally unfolds and enables us to make confirming lifestyle choices that validate our inner joy and vitality.

The Universal Medicine Therapies offer a true way to re-establish the innate health and vitality within us all by restoring harmony from the inside out.

Universal Medicine Therapies were founded by Serge Benhayon in 1999.



**Jonathan Stewart**

EPA ACCREDITED

Jonathan brings a wealth of life experience to his practice. After 15 years in the field of massage and alternative medicine he was introduced to the Universal Medicine Therapies in 2006. It changed his entire understanding of healing, energy and evolution, which in turn transformed his own health and wellbeing and led to the knowing that the way we live life is our daily medicine.

The warmth, insight and integrity that Jonathan offers his clients arises from this appreciation and lived application of energetic integrity.

**"I discovered that it is not the practitioner's technical skill which is most significant, rather it is their lived quality that is the key. And thus it is about the connection to the body, its innate wisdom and about assisting the body's own amazing ability to heal itself. This empowers the client to resolve their issues and gently enhances the quality of their daily living. This is true healing."**

Personalised programmes available for long-term or deeply ingrained issues.

All Universal Medicine Therapies are supportive with and complementary to conventional medicine.



## SOUL EMBODIMENT

—UNIVERSAL MEDICINE THERAPIES—

ESOTERIC BODYWORK,  
HEALING AND  
CHAKRA-PUNCTURE

*Restoring  
the Harmony  
Within*



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## SACRED ESOTERIC HEALING



This gentle hands-on healing technique is applied to the fully clothed body. It addresses a broad range of conditions and allows for the re-connection to our eternal essence and thus settlement within the body.

The re-connection to our essence is deeply healing and expansive. Many people find that they can then more easily connect to this quality in their daily life, with huge benefits to their awareness and personal health.



## ENERGETIC FACIAL RELEASE

This deeply relaxing gentle facial massage works to release tension held in the face and jaw which in turn mirrors tension and areas of disharmony in the body.

This tender and precise treatment brings radiance to the face as it helps to release the burden of emotional tension and gently reveals the 'true you'.

## ESOTERIC CHAKRA-PUNCTURE

This powerful modality supports with acute and chronic conditions alike. The client is encouraged to discard the stresses and hurts of life that cap vitality and fullness of expression.

Very fine needles are gently inserted into the skin in precise configurations to ignite specific Nadis, the 45,000 energy centres in the body.



Esoteric Chakra-puncture is a beneficial complement to conventional medical treatment. Detox programmes for all forms of addiction are also available.

## ESOTERIC CONNECTIVE TISSUE THERAPY (ECTT)

This healing therapy works with the connective tissue which is the foundational fabric of the body that holds all the varying tissues together and is a channel for connection and communication. Any injury, stress (*physical, mental or emotional*) and/or forceful movement will cause the tissue to harden, compromising its integrity and our wellbeing.

The gentle hands-on rhythmic movements of ECTT initiate the body's own healing abilities and help it to discard all that is not harmonious or conducive to our health. This enables the body to restore integrity and harmony resulting in increased vitality, overall health and wellbeing, leaving the person feeling relaxed and spacious in their body.

## ESOTERIC MASSAGE

This gentle yet powerful technique supports the body to rid itself of ingrained energetic and physical disharmony and dysfunction. It helps to restore the true flow of energy and enables the body to return to its natural and unhindered physical movement and expression.

Esoteric Massage is unique in its approach, applying targeted and gentle rhythmic movements in specific configurations. It can be used to treat the whole body or address a specific area or issue. Esoteric Massage is deeply stilling and relaxing, enabling the body to release tension, drop its protection and let go.



**Esoteric Bodywork modalities are very gentle, unimposing and relaxing and support the body to release ingrained patterns, stress and anxiety.**



ECTT address a vast array of energetic, physical and emotional conditions, including common musculoskeletal ailments. It is gently applied to the fully clothed body and is a tender and powerful support for people of all ages and from all walks of life.