

NEURO EMOTIONAL TECHNIQUE

BREAK FREE OF TRAUMA & STRESS

~ CREATE THE LIFE OF YOUR DREAMS ~



A GUIDE TO NET
A STRESS RELIEF
TECHNIQUE



Rowena Jayne
HEALTH & WELLNESS

"To create the life of your dreams
you must release the stuff standing in the way"

Rowena Jayne

Neuro Emotional Technique (NET)

A revolutionary stress relief technique
for the modern world

ROWENA JAYNE ND.

Naturopath
Neuro Emotional Technique Practitioner
Medicine Woman
Retreat Facilitator
Yoga Instructor
Plant Based Chef



Rowena Jayne

HEALTH & WELLNESS

THE RUN DOWN

Neuro Emotional Technique (NET)

"NET is like pulling a splinter out of the body and the homeopathic remedies are likened to assisting the wound to further heal."

How can it help me?

- Address physical pain & disease with an unresolved emotional component
- Resolve deeply held trauma
- Resolve emotional pain
- Goal setting - release subconscious blocks in the way

How is it accomplished?

- Uses muscle testing to determine the nature of the stress/ pain / trauma
- Uses gentle spine tapping OR TCM meridian pulse holds to clear the blockage from your neurology
- Uses neuromuscular holding points & breathwork to change the physiology in the body
- Uses homeopathic Remedies to enhance the technique (if required)
- Scientifically validated & 31 year old technique

"Emotions such as fear, anger, grief and many others can negatively affect us long after the original event that caused them. When our body fails to "let go" of these emotions we can find ourselves with unexplained aversions, self-sabotaging behaviours, destructive beliefs, phobias, and many other chronic physical conditions."

Dr Scott Walker.



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NET- The Neuro Science Behind the Treatment

"So, what happened when you were 15?"

Challenging events and situations that happen at any stage of our lives are often the beginning of a pattern of way of being that becomes entrenched in our bodies memory and may become the go-to emotion in how we cope with all future stressors as an adult.

For example, age 15, we are ridiculed at school. We feel helpless, sad and rejected. We pick up a piece of food, eat it and it soothes us. We begin to feel our mood lift. The next time something "bad" happens, we remember feeling helpless, sad and rejected, and we eat because it soothed us the initial time. So we do it again, once again it helps.



The next 15 years pass, and our body has memorised 'helpless, sad and rejected' because we associate it with feeling better. It has become such an entrenched pattern and is now hard-wired as a neural pathway, its automatic and unconscious, known as an NEC (neuro emotional complex). Now we feel helpless, sad and rejected and we constantly over eat and cannot seem to figure out where it comes from.



"NET Extinguishes Stress from the Nervous System"

This is where NET is a brilliant tool. By performing a muscle test, your therapist can establish the nature of an unresolved emotion or stress and identify its origin, then simply 'extinguish' the stress from the nervous system. Not only does this release the emotional energy, but restores your choice to emotionally respond differently to life and stress without being at the mercy of an automatic, unconscious, well memorised, hardwired emotional response. NET Homeopathic medicines may also be used in conjunction with the treatment.



At **Rowena Jayne Health & Wellness** NET can be used alongside any treatment, and has proven to dramatically enhance the effectiveness of naturopathic treatment.

Sessions Can be performed IN PERSON OR ONLINE. Rowena uses her studies in Kinesiology to use surrogate / Self muscle testing combined with the evidence-based methods of NET

CLICK HERE FOR A VIDEO ON NET

Click here to watch the latest scientific Validation of NET



MORE INFO

A TYPICAL CONSULT

"What to Expect?"



Rowena will take a case history in the first consultation. She will also use a "wheel of life" method to detail areas of your life you wish to work on & / focus on.

She will begin NET using the techniques discussed in the videos and the above literature.

Rowena may also assess through muscle testing whether you require a homeopathic, flower essence, nutritional support or herbal support.

Rowena often employs the use of coaching skills & homework inbetween sessions (if required)



"How Many Sessions will I need?"

This depends on your individual situation. Some people elect to work on a single issue, while other clients work on a theme, and others prefer to do the overhaul and work on all areas of their lives.

All clients are highly recommended to come weekly for 6 weeks before a maintenance program is designed.

"Will it be Successful for Me?"

"Your Growth & Improvement in life depends on your Commitment"

A therapist DOES NOT heal you! You heal you. A therapist is merely a guide using techniques to help you access your own bodies innate healing system. Your diet and lifestyle choices will greatly impact your potential success, along with your ability to be courageous & fully open in each session.



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QUALIFICATIONS



Rowena Is one of only a few Fully Certified Australian Naturopathic Practitioners

Rowena's NET Qualifications

After being trained for one year in this Post Graduate Certificate, Rowena flew to Carlsbad, California (USA) in February 2017 to train extensively with the creator of NET, Dr Scott Walker and his co-developer, Dr Deb Walker, and MD Dr Monti. Whilst there she received full NET Certification.

Rowena is one of the very few Australian Naturopathic Practitioners to be fully certified. (Many practitioners opt to do a 2 day weekend course only). Rowena has also completed the Advanced Training and is a Level II Practitioner.



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HEALTH & WELLNESS

About Rowena Jayne

Rowena is an adventurous, passionate woman with a love of nature, mind body medicine, yoga, plant-based cooking, permaculture and inspirational moments.

Rowena healed herself naturally without medication from a ten year eating disorder, associated anxiety & Rheumatoid arthritis. All the modalities Rowena offers literally saved her life & helped her recover from trauma and abuse.

She is a believer of heartfelt connection and following the beat of your own drum.

She is the author of the Joy of Real Food; and is a Bachelor degree naturopath also qualified in neuro emotional technique, yoga therapy, qantum energetics and many other incredible modalities.

Rowena lives in Sydney, Australia and spends much her free time travelling into the bush & beach for soul building.

For more recipes, books, programs, retreats
& private consultations visit rowenajayne.com