

# DIRECT INSIGHT

AN INDIVIDUAL SESSION THAT SUPPORTS  
YOU TO FACE YOUR ISSUES WITH CLARITY

An individual session provides you an opportunity to open your heart and speak out. Maybe you keep inside issues that were never spoken in the daylight, and even if nobody sees them you know they are there. You feel them interrupting and sabotaging your everyday life. Very often we are not consciously aware of these issues, we are not able to see them clearly or name them with certainty.

Sometimes it is impossible to see something that is troubling us clearly. Fear and pain blur our vision no matter what the specific content of the problem is, so that in the end we do not believe that the problem is separate from our authentic being and start thinking it is a part of us, and we decide to live with this burden. But NO, you don't have to live carrying ANY burden. The only way to learn how to deal with life's hardships is to develop our capacity to see things clearly, name them aloud, and stop their interference with our personal growth. When we clearly see a problem, then it has no control over our lives and the space for our authentic existence opens up.

This does not mean that your problem will immediately change or be easier to bear, but rather YOU will begin to change. Ultimately, that is the only way in which problems change in our everyday life.

This work is highly efficient because you consciously choose to change and take responsibility for your process of change. It has had good results in dealing with problems such as inability to break off relationships which are no longer nourishing, inability to set boundaries, lack of self-esteem and self-love, susceptibility to unconscious beliefs, addiction to destructive patterns of behaviour. Also, it has been successful in tackling problems connected with infertility, painful menstrual periods and sexual energy flow.

A private session lasts two hours and is available by appointment. The first part of the session is verbal (lasting about an hour). After that there is a non-verbal part comprising energy work: moving the physical body by movement and dance, freeing the voice, expressing through colour. At the end you have an opportunity to share your experience and insights, if you wish to do so. This type of work is not intended for women who have been diagnosed with severe mental illness, who are addicted to alcohol and/or drugs because they need clinical therapy first and foremost.

Sessions are available by appointment.

Individual session (2 hours): 50 euro

Locations out of Croatia: Please contact [info@centarstaze.com](mailto:info@centarstaze.com)

Welcome!

## Feedback on individual sessions:

"For years I didn't know how to get closer to myself. I attended various seminars, treatments, massage, bioenergy work, but the results were disappointing. Finally, I realised that healing is within me. In the last one and a half months I could see big shifts in the way I think about myself, my actions and interactions with others." Ljubica, Zagreb.

"I feel the individual sessions more intensely than the group ones. This way of work is focused exclusively on me and my issues. Techniques that I learn are instantly applicable in communication with others and important for my personal growth. I have had three individual sessions so far and the benefits of this work have exceeded my expectations. I am looking forward to continuing with them." Danka, Zagreb.

"Firm decision: I'm walking my own path! I can hear my own inner voice. My vision is clear and I can feel strong wind under my wings." Andrijana, Zagreb.