

## What Happens During a Kairos Session?

At the start of each session we have a brief interview period which provides information and guidance for where to start working on your body.

You lie fully clothed (dress comfortably) on a comfortable, padded massage table. I gently place my hands above and below your body in particular patterns and directions, enabling your body to deeply relax and complete (release) subconscious contractions. When your physical body becomes freed of deep automatic contractions, it is then able to restore and reactivate its own healing ability.

Experiences during a session are many and varied and can include: feelings of warmth, tingles, itchiness or other physical sensations; feeling emotions; going into a refreshing sleep; seeing images or colours, recalling memories; feeling a very deep sense of relaxation or feeling as though a current problem has been resolved.

At the end of the session you are invited to share what you have experienced. You can share as little or as much of your experience as you choose to.

Each session is unique, so you may never experience the same sensations from one session to the next.

## About Joy Brockhoff

In 1992, I left a mainstream career, in Purchasing, to pursue my interest in the holistic and personal growth fields.

My first experience with Kairos therapy was so deeply profound, I decided to train to become a Certified Kairos Practitioner. Because Kairos works so deeply and effectively, it is the main and preferred therapy I offer to clients.

I wish to share the benefits I have either personally experienced, or witnessed in others, through receiving Kairos therapy. These benefits are as varied as are the reasons for seeking assistance through therapy. The possibilities for healing and personal growth are limitless.

Kairos therapy provides opportunities for deep emotional healing and a greater understanding of ourSelves. I look forward to working with those who are ready to take this next step of their own personal journey.

**Joy Brockhoff**  
**Certified Kairos Practitioner**  
**Calgary, AB**  
**Phone (403) 282-7733**  
**[www.kairosterapy.com](http://www.kairosterapy.com)**

# KAIROS

**Emotional Completion and  
Empowerment Therapy**



**Combining the ancient tradition  
of hands-on healing with  
modern biofield theory for  
physical and emotional healing**

**Joy For Life**  
**Integrated Therapies**  
**Calgary, AB**  
**(403) 282-7733**  
**[www.KairosTherapy.com](http://www.KairosTherapy.com)**

## The Main Aim of Kairos Is Emotional Healing

**Kairos therapy** is a specific form of hands-on emotional and physical healing, that uses the chi (energy) flowing between my/practitioner hands to gently release blockages held in the energetic bio-field of your/client body.

These energy blockages can arise as a result of physical injury, tension, trauma or emotional hurt and they can cause limitations in life. As well as causing emotional limitations, these blockages can also diminish the functioning of physical parts of your body - gradually giving rise to health problems.

As trapped emotional pain is released you may notice the way you view yourSelf, the way you behave in certain situations and your patterns of interacting with others, all automatically shifting and changing without conscious effort.

### How Can This Happen?

Emotions are, essentially, energy in motion. Painful emotions cause stress. Stress causes shallow breathing, which slows down our chi - our life energy.

To stay healthy and happy we need to experience (to breathe through) our emotions - to completion. Our body's natural response to trauma, however, is

to shut down, to contract around, to repress painful emotion.

When we repress these painful emotions, they get stuck in our body. And, when we are unable to fully experience painful emotions to completion, we store them as tension, muscle aches, upset stomachs, migraines, nightmares, tiredness, panic attacks, depression, etc.

Painful emotions stay stuck in our bodies until they can be completed. **Kairos** is an effective tool to gently bring about completion (release) of stored, painful emotions.

At the heart of **Kairos therapy** is the belief that each one of us has the potential to heal and transform our emotional pain.

### More About Kairos

**Kairos therapy** assists and allows you to complete painful emotions, often suppressed from early childhood, which can: prevent you from living effectively in the present; affect your behaviour towards others; colour the way you view life; influence how well your body functions.

**Kairos** is about feeling more peaceful, relaxed and comfortable in your body after healing painful emotional wounds.

## How Can Kairos Help You?

**Kairos therapy** can help release the trapped emotions that often underlie:

- abuse of all kinds, including emotional, physical, sexual
- blocked sexual feelings
- chronic anxiety
- depression
- eating disorders including anorexia, bulimia
- emotionally linked infertility
- high blood pressure linked to emotions
- irritable bowel
- long term pain no-one can explain
- low self esteem
- migraine headaches
- nightmares
- panic attacks
- phobias
- poor relationships
- post traumatic stress disorder
- recovery from neglect
- relaxation difficulties
- stress and tensions

**Kairos therapy** can also hasten healing and recovery from: bereavement, grief and loss; divorce; surgery and fractures; burns and trauma in general.

**Kairos therapy** can help you to recover your mental equilibrium, buoyancy and, ultimately, your, **JOY FOR LIFE**.