

Ro-Hun Therapy

Ro-Hun Therapy is a cutting edge therapy that is a transformational journey of self healing. This “psychotherapy in fast forward” changes your way of perceiving yourself and those around you. You will embark on a step by step process that peels away layers of pain and despair, allowing you to come home to yourself and find the real you!

Oftentimes I get asked, how long does it take to get through Ro-Hun therapy? I will say that the first two processes of Ro-Hun can be done as ‘stand alone’ sessions (Ro-Hun cards and Ro-Hun Cleanse). The remaining steps of R-Hun are not to be started unless you are committed going the whole way. Each process prepares you for the next one. A person who chooses to complete the Ro-Hun process can expect to commit to a year of this therapy. It is a fascinating journey of self discovery indeed!

So, these are steps of Ro-Hun Therapy:

First let’s talk about the two steps can be done as stand alone sessions.

1. **Ro-Hun Cards:** This session will help to identify one or two blocks that are holding you back right now in your life. You will find out where it is in your energy and what is the self defeating thought that you keep telling yourself as a result of having this block. we will then release layers of this block.
2. **Ro-Hun Cleanse:** In this session we will cleanse a series of negative thoughts and feelings that are in each of your chakras, leaving you with a feeling of clarity, peace and relief.

After the above sessions one decides to either continue with Ro-Hun or and perhaps consider doing Yhandi or Illumination Therapy, etc...

The following processes are for those persons who continue with the process of Ro-Hun:

Phase I: The first phase eliminates the blocks and self-limitations resulting from traumas, negative thought and behavior patterns, and dysfunctional life scripts. It is a corrective and cleansing phase that balances the energies, and sets in motion a positive healthy energy field that attracts greater, more loving experiences. There are three processes associated with this phase.

Phase I, Process 1: RoHun Basic Purification

This is the cleansing and personality re-integration that is the basic psychotherapy stage of RoHun. This step releases the faulty thoughts that keeps you in negative behavior and feelings, blocking optimal self-development. In this process your therapist does ‘thought surgery’ by assisting you to change negative emotions and faulty thought patterns to healthy, positive and productive feelings and thought patterns. Energy blocks are lifted from the chakras so that the vital life force can flow freely energizing the total being.

Duration: Three to four 2.5-hour sessions to be given consecutively or within seven to 10 days total)

Phase I, Process 2: **RoHun Skims**

The Skim session is the continued cleansing process of RoHun Purification. Skim sessions take place three weeks to four weeks after the initial RoHun Therapy. During that interval, issues and energies that were loosened in the initial sessions surface and can be released. Deeper issues emerge as you are better able to face aspects of self with greater directness. You are able to focus on the 'arena of trauma' and to focus more clearly on self-image and the attitude toward life produced by different images. Negative past lives and trauma held in the unconsciousness surface and can be released.

Duration: One 2.5-hour session

Phase I, Process 3: **RoHun Shadow Purification**

The ultimate purpose of this stage is to access and heal the deep core issues concerning your past abuse of power to finally heal the fears that prevent success and responsible expression of your abilities. In this stage, you are able to shift to a heightened level of awareness and love, and accepting yourself as a loving being.

Duration: Four 2.5-hour consecutive sessions, depending upon the individual

Phase II develops at a higher evolutionary level, and is a transformation toward self-realization.

Phases II, Process 1: **The Divine Mother**

The Divine Mother Process addresses and heals issues with mother figures in your life. Become free of blocks and limitations from your mother relationships.

Duration - 1 2 hour session

Phase II, Process 2: **Origin Processes**

There are two Origin processes (sessions). One is used to heal the soul and the second is used to heal the ego. The Soul clearing heals the soul of its original imprints of faulty thoughts and reactive selves. When the soul enters into human form, it uses the ego to express intention and purpose in pursuit of individualization. It is at this point that feelings of abandonment begin to emerge. Feelings of separation, isolation and abandonment initiate creation of faulty thoughts within the divine child. It believes God has abandoned it or it has abandoned God. Faulty thoughts create feelings of hopelessness, guilt, terror and rage that become crystallized in the cellular structure. As the divine you moves to deeper levels of healing you activates a desire for higher levels of spiritual understanding. This desire to reunite with the Father-Mother God gives the divine you access to love and wisdom to be channeled into all of its' creations.

The Ego Clearing is used to release faulty thoughts and feelings passed on to the divine you by the soul at the time of its separation from the realms of light.

These processes move you to even higher levels of operation and creativity.

Duration: Two consecutive 2.5-hour sessions (five hours total)

Phase II, Process 3: **The Androgynous Process**

Centuries of imbalance between the masculine and feminine ways of being have left a deep wound in the human psyche. No one escapes the effects of this wound—which pervades both our inner and outer lives. Inwardly we experience it as a split between heart and mind, feeling and thinking, vulnerability and power; outwardly it manifests itself in the war between the sexes and in the ruthless exploitation of the earth that is endangering our whole planet. Until we can transform this antagonism we will remain fragmented and at war with ourselves, as individuals, as couples, as societies, and as a race.

The RoHun androgynous process is designed to heal the ignited inner conflicts existing between one's inner male and female. As the layers of male and female energy contained in each chakra is united and begins to feel and express unconditional love, trust, inner peace and creativity, your entire focus and reaction to life changes.

Phase II, Process 4: **Seven Selves Transformation**

The Seven Selves are the archetypal energies residing in our seven major chakras. Their goal is to guide us in obtaining a collective expression of wholeness. For most individuals, these energies are split, separated, and operate independently of the whole. The archetypal energies typically have little respect for each other and tend to act independently instead of as a whole. Healing consists of investigation, study, and integration of the splits and separation. The result is a new sense of self that is imprinted with love and synergy.

Duration: Three consecutive 2.5 hour sessions

Phase III (Final Phase) - **Advanced Ro-Hun (Construct, Vaults and Tanks)**

In these transformative sessions called Constructs, Vaults and Tanks, we will examine your deepest negative belief systems, beliefs upon which you define yourself, others, and the world. We go to the core, the greatest depths, of who you are. We cover the mental aspect (your thoughts), the emotional aspect (your feelings), and the destructive aspects (your self-abuse) of your Self, revealing old beliefs that have been creating havoc in your life. We look at how these aspects are triggered and how they spiral in your life. Most importantly, together, we develop exit strategies so that you consciously return to a positive state of being when one or more of these negative aspects surface. It is truly transforming and liberating! A commitment to all sessions, preferably conducted within seven days, is required.

3 - 4 sessions, 2 - 3 hours each

RoHun Skims - for future maintenance as needed

PRICES UPON REQUEST