

# SPIRAL UP



*“You cannot evolve unless you are willing to change.”  
- Leon Brown*

“The unresolved emotions get trapped in our body where they build and fester, draining our energy, leading to burnout, emotional imbalance, and eventually disease.

When we chronically repress emotions, we create toxicity in our body, mind, and heart.”

Imagine letting go of past hurts, trauma, numbness, fear and self-criticism in 8 one-on-one sessions delivered over 3 months.

A unique program that will save you YEARS of therapy and meditation.

## HOW?

Anastasha Grace spent many years studying psychology, psychosomatics, the power of the mind and energy healing. She now combines the knowledge in hypnotherapy, NLP, kinesiology, Acuenergetics, breathwork, off-the-body Energy healing, and the Spiral to assist men and women to change their thinking, reduce their stress levels, change old patterns and unsupportive beliefs using a powerful psycho-emotional deconditioning process.

# WHAT IS 'THE SPIRAL'?

THE SPIRAL HAS BEEN DESCRIBED AS “KINESIOLOGY ON STEROIDS”  
OR  
“7 YEARS OF PERSONAL GROWTH DELIVERED IN 7 WEEKS”

## **SHIFTS YOU WILL EXPERIENCE AFTER COMPLETING THE PROGRAM:**

- A profound feeling of being fully alive from within and a full access to your inner power
- Freedom to enjoy more of your journey as burdens have been lifted
- Being more loving, successful, in-tuned with your intuition and inner guidance
- Free to enjoy mutually fulfilling relationships comprised of love, care, trust and respect.
- Free from limitations, other people opinions and conditioning!

## **PROGRAM COST:**

**\$5000USD in full or instalments**

**Save yourself YEARS of therapy, healing  
and self-development**

# HOW DOES IT WORK?

## You will receive:

7 Private Spiral clearing sessions  
(1,5 hours each)

+

Heart Wall removal

+

Manifestation clear

+

Trauma Release

+

Shadow Work

+

Archetypal Work

+

Assistance with tasks or exercises  
between sessions.

Have you ever wondered why, despite all your efforts, your emotional problems fail to heal? You think you have tackled the problem, but it never really goes away.

These stubborn emotional conditions remain deep-rooted. Conditions such as: anxiety, depression, irrational fears, over-sensitivity, lack of confidence, fear of being alone, phobias, difficulty sleeping, grief that won't heal, jealousy, constantly comparing yourself to others, feelings of inadequacy and stress, are all examples of emotional imbalances that require a much deeper method of healing.

During the session I tune into your field in order to find trapped emotions, limiting beliefs and blockages, reading your vibration and quickly and easily removing emotional baggage connecting you to your happy, light, joyful self.



# WHAT IS INCLUDED IN A PROGRAM?

"The Spiral" uses muscle testing/kinesiology to identify and shift emotional imbalances in the body. 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 chronic physical problems.

## LEVEL 1 - DESERVING

Releasing and clearing Shame, Guilt and Dogma and increasing your self worth and wealth resonance

## LEVEL 2 - CREATIVITY

Releasing and Clearing FEAR, GRIEF, PARALYSED WILL / STUCK energy and increasing PROACTIVITY

## LEVEL 3 - POWER

Releasing and Clearing PRIDE, ANGER and DESIRE and increasing SELF CONFIDENCE

## LEVEL 4 - OPENNESS

Releasing wounds of the HEART and increasing LOVE and ACCEPTANCE

## LEVEL 5 - EXPRESSION

Releasing Low Self Esteem and Anxiety, increasing your self expression and living and speaking your highest TRUTH

## LEVEL 6 - VISION

Releasing old views, clearing TRUTH, TRUST, RECEPTIVITY and increasing CLARITY and INTUITION

## LEVEL 7 - PURPOSE

Aligning yourself to and embodying your highest PURPOSE though opening the Peace, Joy, Enlightenment and Purpose



# TERMS AND CONDITIONS

I believe partnerships are important and we must have a cohesive relationship in place for success to happen. I'd like to highlight the importance of completing the full program, as it is structured in a way to uncover your subconscious patterns, wounding and Shadow parts of Self. Like an operation, once started, it has to be completed. A full support is provided for you during the program to release any uncomfortable emotions and feelings that may arise (such as sadness, guilt, anxiety, anger, frustration) or the recall of unpleasant events in one's life. Your determination will bring remarkable results.

## **BY COMMENCING THE PROGRAM YOU AGREE TO THE FOLLOWING:**

- "The Spiral" and "Quantum Clearing" is a transformational process and as such is likely to require you to experience various emotions.
- Anastasha Grace will facilitate and provide full support along the way but ultimately YOU are responsible for your physical, mental and emotional wellbeing.
- Each "Level" of the process affects people differently and that sometimes results may take weeks to become fully apparent to the client.
- "The Spiral" is a 7-part process and that the results of this work may not become apparent until the entire process is completed and the results will keep unfolding during the 6 to 12 months period.
- You take full responsibility for your results. Clearing emotions will produce noticeable changes in the behaviour and life circumstances if YOU take action to capitalise on those emotional shifts.
- The program is non-refundable unless otherwise stated. Weekly payments paid until the end of the contract unless otherwise agreed to.
- One-on-one sessions may be delivered in person (face-to-face), or online via Skype or Zoom, including email/phone support.
- The Client may reschedule appointment within 24 hours of his/her booked appointment; however, availability at the requested time is not guaranteed.
- Client's Confidential Information is kept in a strictest confidence and protected against disclosure, misuse, espionage, loss and theft.
- The date that the first healing session takes place shall be deemed to be the start date for the service. Participation by the client in the first



## **WAIVER, INFORMED CONSENT, AND COVENANT NOT TO SUE**

The client here and forever releases and discharges and hereby holds harmless Anastasha Grace, and her respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with client's participation in a session(s) or purchase or any program(s) WITHOUT LIMITATION. The client acknowledges and agrees that no warranties or representations have been made to him/her regarding the results achieved from any insight or program. The client understands that results are individual and may vary.

The Terms and Conditions in this Agreement are governed and construed in accordance with the laws of Queensland, Australia. Each party irrevocably and unconditionally submits to the exclusive jurisdiction of Queensland.

## **DISCLAIMER**

The Spiral Program and Quantum Collapse Clearing is not intended to be a substitute for professional advice, diagnosis, medical treatment, or therapy. Always seek the advice of your physician or qualified mental health provider with any questions you may have regarding any mental health symptom or medical condition.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY.

BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ANASTASHA GRACE FOR NEGLIGENCE OR THAT OF YOUR EMPLOYEES, AGENTS, OR CONTRACTORS.