

Hi ☀️,

Would you like to set aside a few minutes to read this month's newsletter? 💖

Introduction 🌟

It is summertime. The sun has passed its highest point in the sky. Here in Norway, we are currently enjoying sunshine and warm weather – and, of course, refreshing swims in cold water. Nature is lush and full of life force. Our attention is naturally drawn outward. We are invited to take in all the greenery and vibrant colours that surround us. People are spending more time outdoors, and it feels natural to meet, connect, and create meaningful experiences together. At this time of year, many of us are walking "shared paths" on our journey through life.

Yet, amidst all the joy of summer, there are also people going through difficult times and personal challenges. Holding them in my thoughts each day is a simple practice that I believe makes a difference.

Summer is also a wonderful time to look back on the first half of the year. Moving into my own treatment room close to home has been an important milestone this spring. Life has also created opportunities for this healing method to become more visible. The interview with the Norwegian Healers Association, which is available on Facebook, and the full-page feature in my local newspaper have both been important contributions. I am deeply grateful to Oddrun from DNH and Jo Christian from *Ringerikes Blad* for their open-hearted interest in my work.

If you would like to take a small journey into your own "inner space," you are warmly welcome to get in touch. The Workshop for Personal Development will be open on selected days throughout the summer.

So far in 2026, I have carried out 146 sessions. That is an average of just over 20 sessions per month. If we assume that around eight trapped emotions are released during each session, that amounts to more than **1,000 moments of transformation**. I often imagine how we, as human beings, move towards greater inner and outer peace with every negative energy we release.

The Law of Oneness – the understanding that we are all connected – beautifully supports my guiding principle:

Healing the world by empowering you.

Booking and Pricing 17

My booking calendar is updated several times a week. If you cannot find a suitable appointment right now, it is worth checking back after a couple of days. New appointment times often become available unexpectedly.

My prices were updated in May. On my website, you can read more about my thoughts on pricing for holistic healing services and what is included in each session.

Insight into the Method 💡

I will continue sharing insights into different aspects of the method. The attached article on page 3 in this newsletter is titled *Our Different Levels of Consciousness*. In it, I use the iceberg analogy to illustrate the different layers of the human mind. I hope it will inspire you.

Invitation ☀️

Would you like to gather a small group of people to learn about:

- how Emotion Code®, Body Code® and Belief Code® can support your health journey?
- how fatty acid balancing can help you better understand the connection between nutrition and your body?

Please feel free to get in touch, and together we can arrange a friendly, free and no-obligation Health Evening.

Closing ✨

I wish you all a wonderful summer filled with joy, presence and personal growth.

Warm regards,

Angela ✨

Our Different Levels of Consciousness – The Iceberg Analogy

Imagine the landscape around the North Pole, where the deep blue ocean is broken by iceberg peaks of all sizes rising through the surface. You sit in a small boat and let your gaze wander across this majestic scenery.

Only the tip of the iceberg breaks the water's surface, while most of it remains hidden deep beneath you. We may glimpse the outline of the iceberg just below the surface, but what lies in the depths – and whether it might be connected to other icebergs – remains invisible from our perspective in the boat.

This image can help you understand the different parts of your own mind and provide a clearer impression of our various levels of consciousness. The iceberg model is also used in many other contexts to illustrate aspects of a matter that are more obvious than others.



The conscious mind

The tip of the iceberg symbolizes the conscious part of ourselves. Here we find everything we feel, think, and do with full awareness—everything we notice in the present moment.

The subconscious mind

Beneath the water's surface lies the subconscious mind. As we look down into the water from the boat, we can just make out the outline of the iceberg below the surface. When we consciously choose to look at something within ourselves—or in the world around us—that we have not noticed before, we may discover something we were previously unaware of, but which becomes conscious once we direct our attention toward it. This part of the mind is called the subconscious.

The unconscious mind

Deep beneath the ocean lie parts of the iceberg that we can neither see nor even sense, no matter how long we stare into the water. To explore this deeper structure, we need entirely different methods. This part of our mind is completely unconscious. We have no awareness of the emotions, beliefs, and thought patterns that may be hidden there. Most of the body's functions also take place entirely outside our conscious awareness. We do not consciously experience how our cells carry out their work or how they are functioning. It is often only when physical, emotional, or mental symptoms arise that we become aware something is out of balance. The Emotion Code®, Body Code™, and Belief Code® methods are designed to identify imbalances within this unconscious part of the mind and body and help release them.

Collective unconscious mind

Every person carries these different layers of consciousness within them. Now imagine that some of the ice at the very bottom of the iceberg begins to melt. As it does, this part of your unconscious mind flows into what can be described as the collective unconscious—a shared field of cultural norms, beliefs, and the prevailing paradigms of the time. When we work with the unconscious part of "your iceberg," you may not only experience change in your own life—you also contribute to change within the collective consciousness.

This is the potential of the three codes:
Healing the world by empowering you.