

# LIFE FLOW STATES

FROM FEAR TO FREEDOM

AntahOcean

**Live the life you deserve**

Overcome your addictions and limitations

**Find your inner balance**

Live life with Gratitude for every moment

**Regain your personal freedom**

Get into the zone, multitask and be creative

**Welcome abundance into your life**

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## ABOUT AGNIESZKA MAJOR

Agnieszka Major is an internationally recognised therapist and coach who uses a highly progressive combination of scientific methods and experimental techniques to bring positive change to her clients' lives. Her work incorporates a wealth of transformative knowledge and modalities, including psychology, energy healing, NLP, shamanism, neuroscience, genetics, microbiology and important ancient teachings.

Certified by a number of international organisations, she is actively involved in cutting edge research on the functioning of the human psyche. Through this collaborative research she has co-founded a new methodology called Life Flow Therapy, a set of healing techniques that deliver rapid, effective and lasting results. She is currently conducting research which aims to scientifically prove the healing potential of this method and its effect on a biological level.

Her pioneering approach allows Agnieszka to treat not just the symptoms of psychological disorders, but the root causes. By enhancing her scientific methods with ancient healing techniques, she can go much deeper, undoing the very problem itself to create effective, long-lasting change more quickly than ever before.

Agnieszka lives and works in London and runs workshops, training sessions and group therapies all over the world. With a Masters degree in Psychology and Law she is also an interpersonal skills trainer, supervisor for new psychology practitioners and trainer for professionals in the fields of LFT, NLP and coaching. Her work has helped people overcome phobias and anxieties, seen massive improvements in careers, relationships and physical performance, and dramatic increases in self-esteem, purpose, desire and drive.

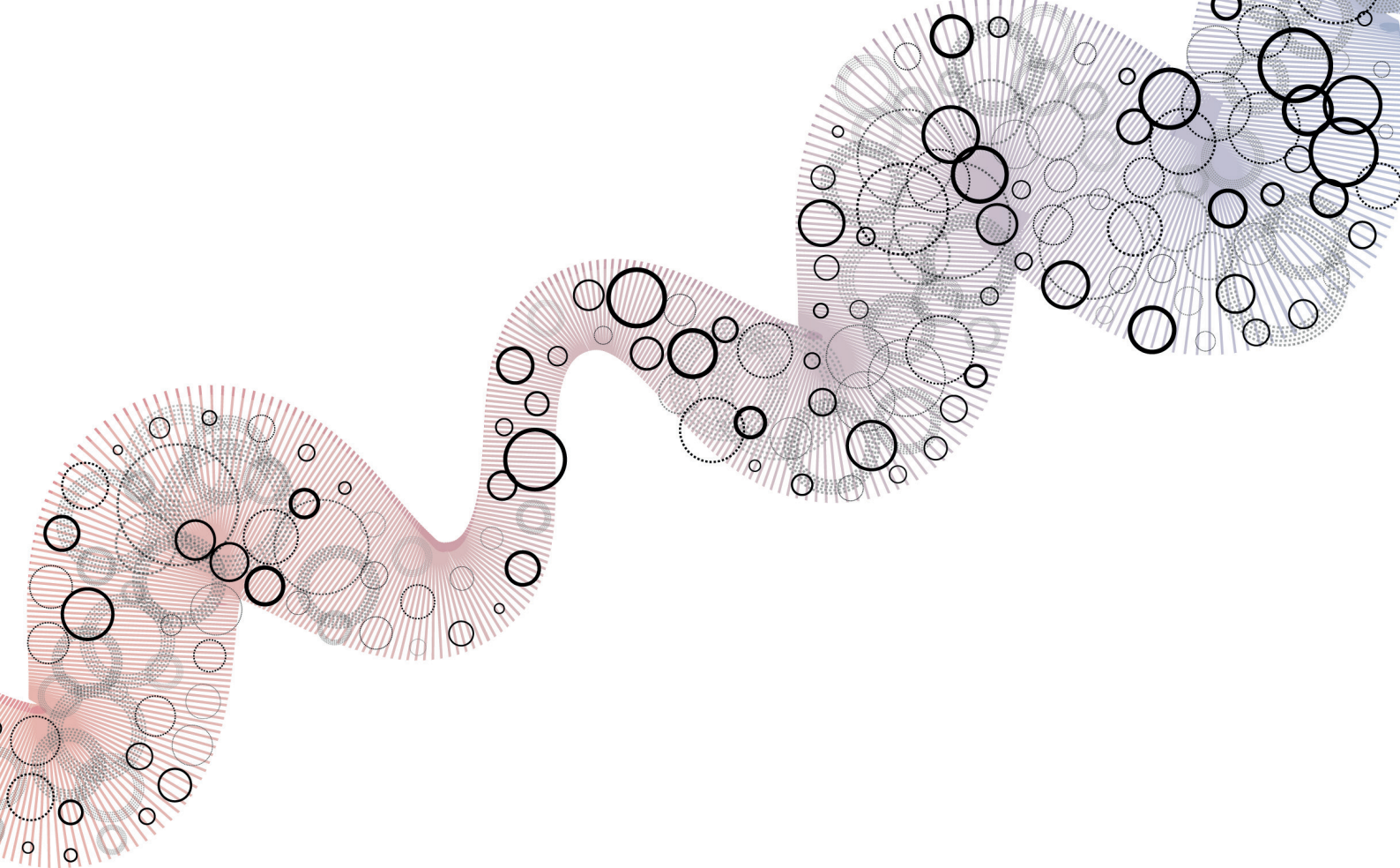
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## Transformation is possible

We all want to be the best person we can be, fulfilling our greatest possibilities and experiencing the world in all its beauty. Sometimes though, it feels as if there's something stopping us, and no matter what we do, things just don't work out the way we know they could. Life Flow Therapy is about finding and clearing whatever it is that's blocking you so that you can access your highest consciousness and experience deep personal growth.

With a cutting-edge combination of biological science, psychology and energy healing techniques, Life Flow Therapy works deeply to free the vast human potential that is locked within us all.

Recover your Life Flow States and you'll be free to start living life fully and fearlessly, connecting with your purpose and the world around you.

Each Life Flow State works on a subtly different level, so whether you want more focus, more abundance, more creativity or better relationships, there will be a State that once recovered, can make it possible. Very quickly you'll see lasting positive changes in your career, business, creative or personal life. You'll be able to live a healthier life, become more productive, more intuitive, more positive and present.

## What are Life Flow States?

Have you ever had the feeling of being 'in the zone'? The experience that you're so completely immersed in what you're doing that you become unaware of everything else? In the act of forgetting ourselves we truly become ourselves, and doesn't it feel good?

This state of flow is in fact a convergence of many separate States coming together as one, and one of the benefits of Life Flow Therapy is that it becomes much easier to access than before.

Each of them subtly different, it is these distinct States that Life Flow Therapy works to liberate so that they begin to flow easily, allowing our optimal selves to flourish. The States are already there within us, but through traumatic events or microbial imbalances, they can become blocked or disrupted. When that happens, it affects our health, behaviour, emotions and abilities – our entire consciousness.

I have seen people overcome really big issues and go on to make incredible transformations in their lives.

**Agnieszka Major**

# LIFE FLOW STATES

If you decide that you want to change your life, it will change, no doubt about that. You will be freed from all the repressive teachings you have absorbed throughout your life, the influence of your family, society and friends. Becoming independent of all of this is a huge liberation. You will have greater awareness, effectiveness and clarity of mind. I have over 15 Life States and I can truly say that the results are spectacular.

**Kasia, Poland**

## The inheritance of trauma

Science is increasingly interested in how our experiences have a direct effect on our physiology, emotions, behaviour and abilities. Research is showing that it's not just our own experiences in life that affect us, but also the events that occur during our pre-natal development and the developmental events of our parents, grandparents and ancestors.

The formation of our consciousness begins when our grandparents conceive our parents. It continues during our own pre-natal development and through our lives as we grow. Along the way there are many key events that are crucial for the formation of who we will become. If trauma occurs at one of these important developmental stages, it's likely to leave an imprint or trace in the very structures and energy fields of our cells. These traces dampen or block our innate States, leaving us unable to reach the full expression of who we are. Our behaviour is affected, our productivity is limited and our emotions, relationships and health are all compromised.

## Change really can happen

But we don't have to live with the effects of trauma. We can change. By healing the trauma on a microcellular and energetic level we unlock the underlying Life Flow States that have been blocked. The result is that we start experiencing life in the here and now, without contamination from our own past experiences or those of our ancestors. Most importantly, the change is permanent. Once the biological event associated with a specific trauma has been healed, your Life Flow States are unlocked for good.

Recovering a State is like repairing your body's software. If the software is damaged the body crashes when you try to run new programmes. This can manifest as nervous breakdowns, stress or health issues. But once the State is recovered, you will have the optimal software to support better, more effective programmes. Your biological function improves and you can do more and feel more of the positive effects that the States provide. Ultimately, you become a calmer, more stable version of yourself with the ability to lead a more successful and fulfilling life.

# LIFE FLOW STATES

## How does it work?

The method of recovering Life Flow States is the culmination of many years of scientific and spiritual enquiry and practice. Using a wealth of transformative knowledge and practice it draws on modalities that range from microbiology and genetics to morphogenesis and Buddhism.

A form of distance healing, we work remotely using Life Flow Therapy tools and techniques to harmonize the frequency of your cells' energy. As healers have known for centuries and science is now beginning to discover, one particle can affect another particle even when not in close physical proximity. By tuning into your energy field, we are able to go back to your key development events and clear the imprints that have been left at those specific moments. Without the traces of trauma to slow them down, the cells are now free to vibrate at a higher frequency specific to the desired State, just as they were designed to.

## Become your optimal self

The process allows you to be more in tune with yourself so that you can fully access your inner resources. The more States you have the more you're unlocking a greater breadth of perception. You'll have more connection with your intuition, better access to your abilities and skills, a more balanced and focused way of being and more freedom to pursue what you really want to pursue.

Regain a feeling of energised focus, joy and positivity.

## The States & Packages

Think of a pond filled with fish swimming freely. The fish represent our behaviours, beliefs, feelings and thoughts. We see the States as the mechanism that clears the water of the pond, creating the optimal environment for the fish to thrive. The clearer and healthier the pond's environment, the better life the fish will have. Thus, the States are not a prerequisite for the life of the fish, but they increase their 'performance' by giving them a better environment in which to live. In the same way, the States will increase your awareness and consciousness and open you up to possibilities you might have lost or were unaware of. How you use this increased awareness and where you choose to focus your new knowledge is up to you. As with the pond analogy, the clear water does not control the fish or tell them what to do, it merely gives them the opportunity to live the best life they possibly can.

Please remember that just as every person is unique, the effects they feel will vary. Some may feel things more or less intensely and others may feel even greater benefits than those we mention here. Overall your thinking will be better, your level of intelligence higher, your decision-making much improved and you'll no longer be controlled by the expectations of others.

Since working with Aga, my life has expanded on all sides and become so much brighter. I opened my own business. I began interesting new projects, began studying and found myself in an environment with lots of creative and successful people. I have started now to realize my biggest dream and I am very grateful to Aga for the changes she has brought me.

**Zhanna, Kazakhstan**

# LIFE FLOW STATES

## Please Note

Our primary goal is to get results for our clients. Everything we do is designed to move you from fear to action and ultimately to give you the foundation to achieve positive lasting change and transformation in your life. All of this is possible but even with the States as part of your tools, you are still required to take action and responsibility for your life.

States and Packages are done through distance healing, without the need for face-to-face contact. Expected time scales vary, depending upon the chosen States or Package, but as a rule of thumb, you will usually have the State within three weeks.

Antah Ocean does not take any responsibility for results or lack of results. In ordering the States, you are aware of the consequences of the processes. Our fees cover the time we spend to recover the State and not the result achieved, which means unfortunately we cannot offer any refunds.

Some people experience effects immediately, some after certain time. Everything depends on the client's individual situation. To read the full disclaimer please visit [www.antahocean.com](http://www.antahocean.com).

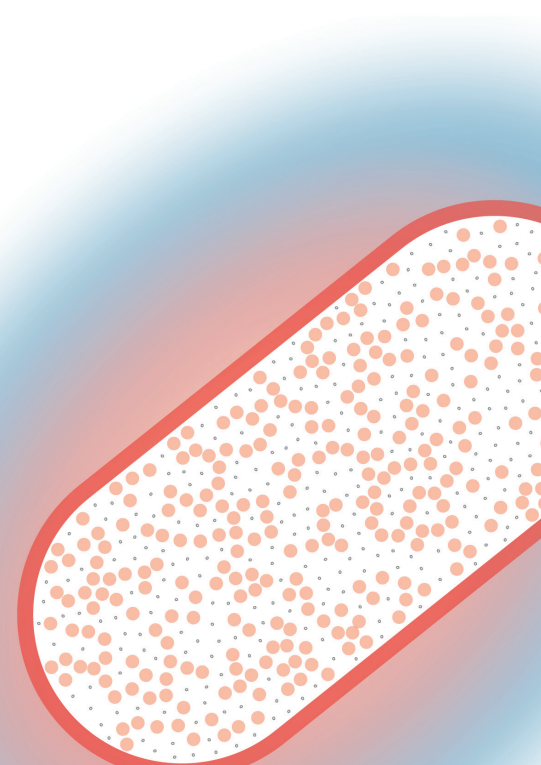
More information on other available Life Flow States and processes are provided upon request and can be tailored to clients' needs and circumstances. Sometimes, in order to achieve the desired result, more than one State is required.

## There is no Magic pill...

All the State related Information in this brochure is only a guideline as to the benefits you can expect and represent the most frequent and recurring results we see in most of our clients. There might even be more positive changes that you can expect.

My kids have changed. They have become more relaxed in expressing their needs and desires and in their behaviour. Have become more confident, freely expressing their opinion and it's quite interesting to listen to them. They are very clever. Its very interesting to talk to them. My husband also has noticed that they have changed. We observe them, how they are changing and communicating with other kids. My husband also has changed, less fears related to work and future as he used to think before. He has learned to express his opinion in relations with his parents. Before he couldn't do this. Now he is doing good and I am very surprised with such fast and positive changes. I am sincerely grateful to you for these changes and we keep continuing further including our little girl.

**Tomiris, Kazakhstan**

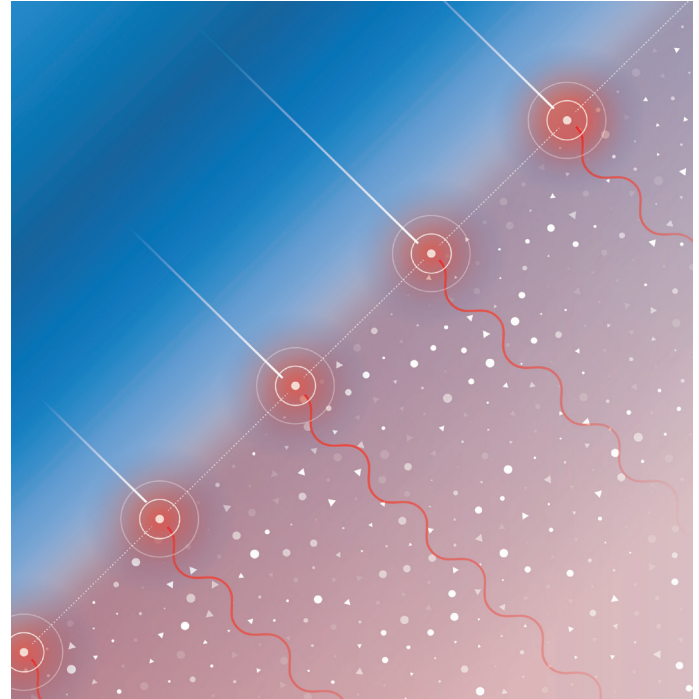


## LIFE FLOW STATES

# INNER BALANCE STATE

Everybody has 'triggers' – certain situations that remind us, consciously or unconsciously, of past traumas. When we are triggered we often react disproportionately to the immediate situation basing our response on events from the past. Our limbic system becomes activated and we may feel upset or worked up, often with physical sensations of anxiety. The Inner Balance State works to calm your energy to give you a greater feeling of inner peace.

This State brings a greater sense of equilibrium, especially in the face of challenges and conflict. When we are 'highly strung', we become very reactive to certain events and situations. This can be due to the trauma strings within our cells being 'tightly wound' so that they vibrate fiercely when activated by our triggers. The Inner Balance State works to relax the trauma strings so that they respond less intensely. By working on the trauma strings, we can reset them so that don't vibrate as long and return to their resting state more quickly. When before it may have taken us 20 minutes to calm down after being activated by a trigger event, we now return to peace much more quickly. With this State, you'll be able to come back to a sense of equilibrium more rapidly after difficult or challenging events, allowing negative emotions and stress to be replaced with a sense of calm and peace.



## STATE BENEFITS

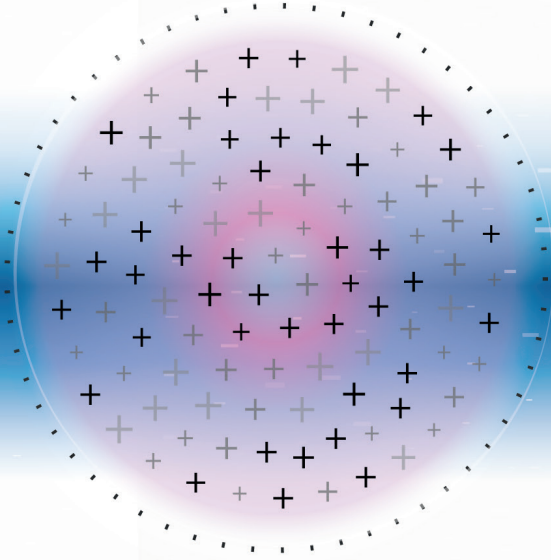
- Feel calmer and more at peace
- Strong sense of harmony and stability
- Balanced emotional reactions
- Decrease in stress levels
- Reduced reaction to negative or unpleasant triggers
- Enhanced positive emotions
- More conscious decision-making, unencumbered by emotions

[www.antahocean.com/inner-balance-state](http://www.antahocean.com/inner-balance-state)

I did notice changes. Now I have less meaningless worries, more calm mind, it's much easier to relax. My mother's states doesn't affect my state as it used to be. Before if she felt bad, I automatically felt the same. Now I don't. And if somebody doesn't like me it doesn't affect me as before too. And I really can find calmness inside myself and don't need other people for it, it's wonderful!

**Elizaveta, United Kingdom**

# GRATITUDE STATE



The Gratitude State is a wonderful State that opens us up to all the positivity that exists around us. Working on our overall consciousness, the Gratitude State shifts our perspective, giving us a positive foundation for our entire belief system. When are we thankful and full of gratitude we are more open to a flow of positive energy and all the benefits it brings. With this attitude, life is easier and more enjoyable and there is a greater overall sense of wellbeing.

A state of gratefulness allows us recognise what we already have, whether it be the good things that are happening right now, or the lessons we have learned from challenging situations. With this State we soon find we are attracting more and more positive people, situations and circumstances into our lives. This State increases your vibration, and when you vibrate at a higher level, you are happier, more productive and more full of energy.

## STATE BENEFITS

- Helps maintains a more positive attitude in life
- Improved quality of life
- Feel more positive
- Attract more positivity into your life
- Increased sense of happiness and wellbeing
- More gentle way of being in the world
- Everyday tasks are easier and more enjoyable
- Less negativity
- Enhanced appreciation of the other States

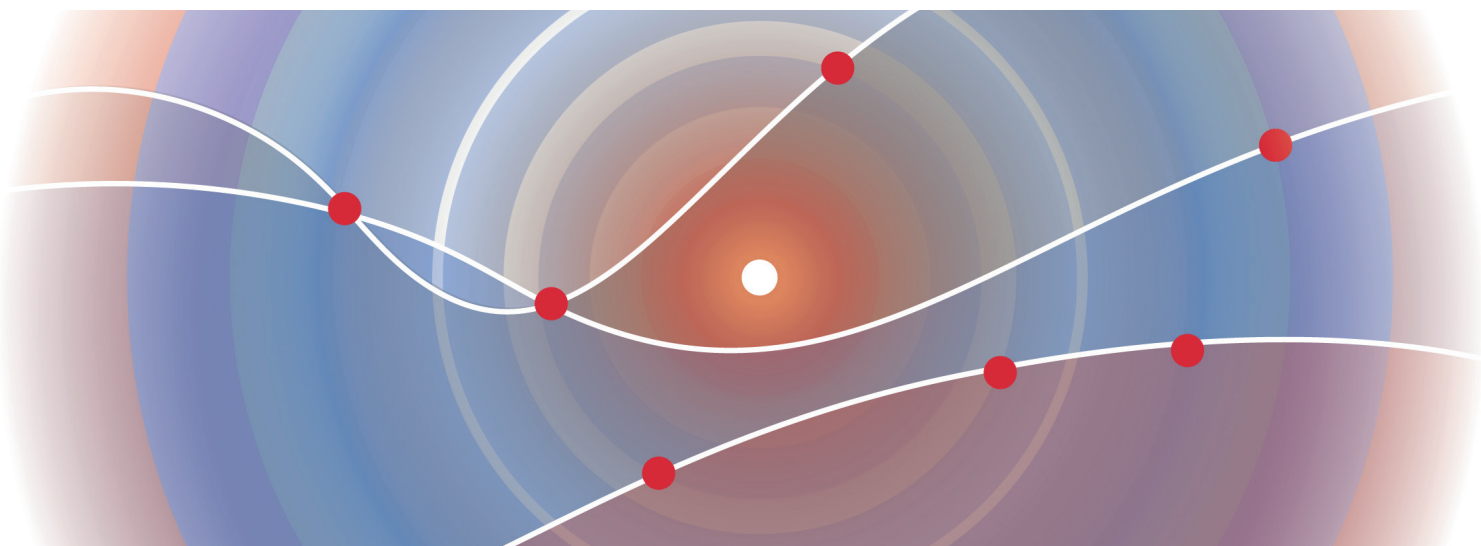
[www.antahocean.com/gratitude-state](http://www.antahocean.com/gratitude-state)

Yes, I finally may say, that I'm ok, when someone asks - how are you, and it won't be a lie Inner pendulum becomes more and more quiet, I feel joy and can be grateful again.

**Tamara, Moscow**



# HERE AND NOW STATE



The Here and Now State helps you find a deep connection with the people and things around you, allowing love and happiness to flow into your life. By increasing your ability to focus in the present moment, this State changes your very perception of the world. When you have opened up to everything that is happening right now in the moment, the world becomes more vivid and more alive, and your experience becomes richer and deeper.

You may suddenly notice an intense experience of nature, as you're able to tune into its vibrations and see and feel its incredible detail. Similarly, you may feel more connected to people as you become truly present. When you are really present with people, they feel good around you. They know you are noticing them fully for who they are. For this reason the Here and Now State is very useful for those who work with people. It's also very helpful for those who may be having trouble concentrating, as it gives you the ability to snap back to the present when you get distracted by thoughts of the past or plans for the future. Overall, this State gives you a wonderful appreciation for the richness and beauty of every moment.

## STATE BENEFITS

- Improved attention, concentration and focus
- With more awareness and focus on the present moment, meditation becomes easier
- The world, especially nature, is more vivid
- Greater capacity to learn
- Useful for those who work with people, such as therapists, coaches, healers and managers
- You become more attractive and available to people around you

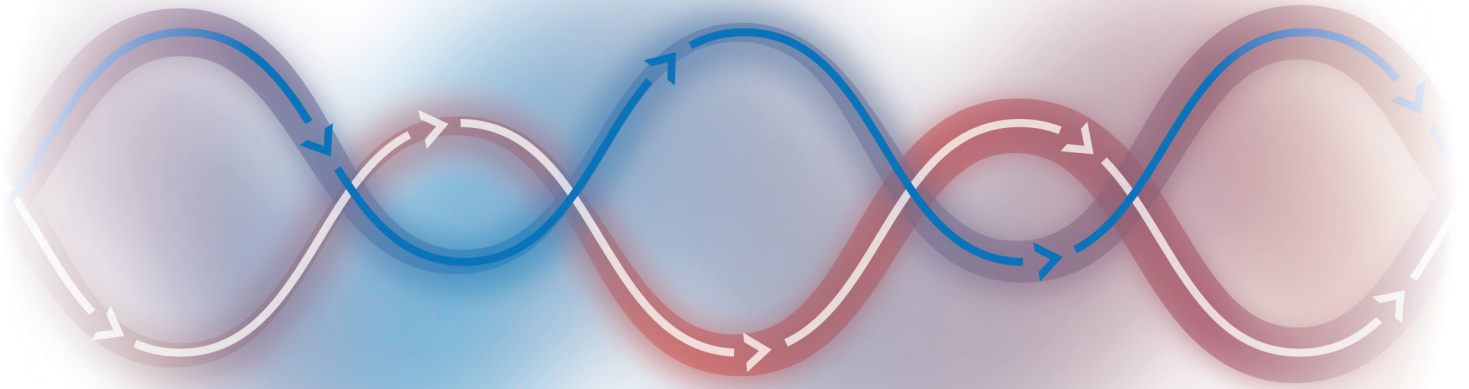
[www.antahocean.com/here-and-now-state](http://www.antahocean.com/here-and-now-state)

Here and Now showed me what is life in the Present. My past life, spinning imagination, the pursuit of far-reaching objective and not focusing on what is, already gone. The same thing happened with the memory of the past. It has become a series of images, experiences, events but without the element of emotional coloring. This state has brought me "Today" and complete understanding that the only thing we have is "NOW." This doesn't mean that I stopped to have dreams, that I stopped to imagine what shape would like to have my life. I am dreaming, but now I put all energy of "Today" on the steps that have lead me to "Someday". This is extremely useful skill, as limited diffusion and allows you to be more focused on action.

**Dorota, United Kingdom**

## LIFE FLOW STATES

# FREE FLOW STATE



Artists and athletes describe it as 'being in the zone', that feeling of energised focus, when you are completely absorbed in what you are doing. Also known as 'flow', it is a pleasurable experience that's highly conducive to intense growth and learning.

The Free Flow State allows you to access your own sense of flow. Extremely helpful for everyone, but especially those who are creative, it allows us to connect with our creativity and our ability to problem-solve. It clears obstacles giving us easier access to all the information stored within us so that we can quickly come up with ideas and solutions.

Your ability not only to learn but also to perform will be greatly enhanced. Whether you are giving a speech or writing a paper, you will experience a timeless sense of oneness with the environment and the activity you are engaged in. If you want to experience the joy of being completely absorbed in what you're doing, to think faster and feel more inspired, and to perform to your full creative and intellectual potential, the Free Flow State will help you.

## STATE BENEFITS

- Increases creative inspiration and problem solving
- Improves multitasking
- Your thinking process is faster and more efficient
- You seem to have broader access to all information 'stored' in your minds
- Adequate bits of information come together and form logical units
- Your knowledge becomes comprehensive and wide-ranging
- Broadens perception and vision

[www.antahocean.com/freeflow-state](http://www.antahocean.com/freeflow-state)

The main difference I've noticed is with the way I think now. It seems to be faster and more effortless, I can especially see it in the situation when quick, clever, smart reply has to be given.

To give example: while before bright reply would come to me few minutes later, quite often when the subject has already changed now it feels like I can faster assess situation, pick up the points or opposite views and present them in a concise, meaningful way.

**Beata, United Kingdom**

## LIFE FLOW STATES

# EMOTION FLOW STATE

This State is ideal for people who are experiencing a sense that their true emotions or feelings are somehow being blocked. It's very helpful for those who are depressed or suffering with feelings of hopelessness.

Just as when a computer becomes infected with a virus, trauma can affect the flow of our emotions. To help reconnect you to your feelings, we clear your energetic disruption as we would clear a virus. Afterwards, when you have the State, you will regain your normal functioning and your emotions will immediately return. If you are feeling numb, you will once again be able to experience happiness and vitality.

This State is recommended for people who use healing techniques such as regression or jumping back and forth between timeframes. It is an effective protective State to prevent the spiritual crisis that can sometimes occur when these techniques are used.

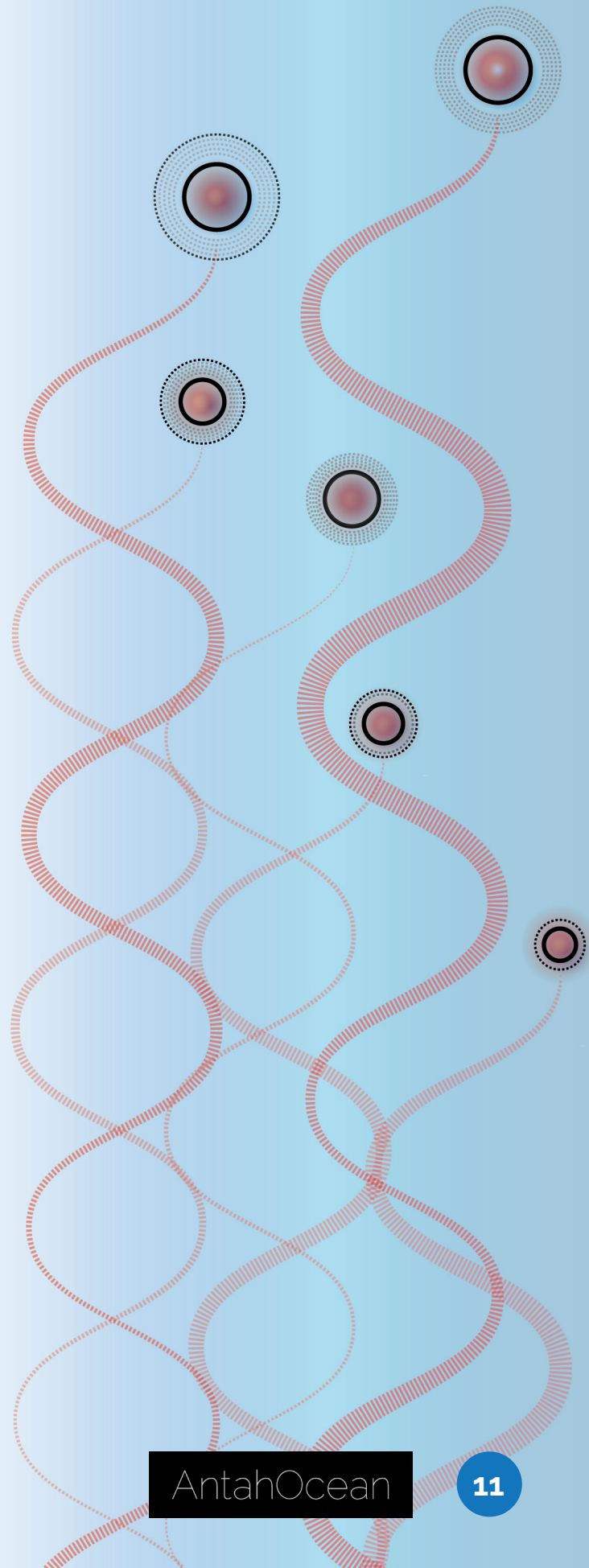
### STATE BENEFITS

- Those with emotional blockage will feel more alive
- Those who feel blocked may experience an increase in happiness
- Can unblock the sensation of your other States
- Emotions immediately return
- No longer feel cut off or detached from the world

[www.antahocean.com/emotion-flow-state](http://www.antahocean.com/emotion-flow-state)

It has become easier to feel love for myself and others.

**Inessa, Russia**



## LIFE FLOW STATES

# FREEDOM STATE

Gain a powerful mastery over the direction of your life.

One of the major States, the Freedom State is truly transformative. Bringing you the capacity to make real and lasting change, it gives you a powerful sense of mastery over the direction of your life.

Often unknowingly, many of us allow the expectations of others to dictate our decisions. Whether influenced by our partners, family, heritage or culture, we feel constrained to act in a certain way. Maybe you're with someone who you know isn't good for you but you can't seem to live without them, or you're still doing a job you've wanted to quit for many years. The Freedom State will allow you to free yourself. You will start making decisions based on what is good for you rather than on what you feel obliged to do.

With the Freedom State, your energy becomes clearer so that the connections you make are cleaner and more honest. You will notice that you start to interact with people in a healthier way and you will be more attractive to those who bring positive benefits to your life.

This State needs time to come into its full effect as the world around you adjusts to your new energy frequencies. When it does, it can bring total transformation.

### PLEASE NOTE:

The results of Freedom State are only fully noticeable after some time has passed, as the world around us needs time to adjust. The final results may vary due to personal circumstances and the above description is only a guideline of possible results. After recuperating this state you might need additional training to acquire missing skills to deal with your life situation or to fully benefit from this process.

This state is not recommended for women while pregnant.

### STATE BENEFITS

- Reduced fear around making positive change
- Release from toxic relationships
- Freedom from neediness towards others
- More conscious about why you are doing certain things and whether or not they are in your best interest
- Change in your motivations and drive
- No longer motivated by 'need to', 'have to' and 'must'
- Release from inherited cultural limitations
- Increased focus on what is truly important to you

[www.antahocean.com/freedom-state](http://www.antahocean.com/freedom-state)

## LIFE FLOW STATES

# ADVANCED FREEDOM STATE

The Advanced Freedom State works deeply within the body and its energy field to heal a heaviness that has a powerfully negative influence. When such negativity arises there is often a biological element that needs to be addressed. We are made up not only of cells, but also of microbes, and as science is showing, those microbes have the power to affect our behaviour. When there is extreme darkness or shadow within someone, their microbial make-up may need to be rebalanced. Part of the negativity in your life may not be coming from you but instead from this microbiological influence. When we start to clear it, you can be free and you will notice your relationships start to transform, becoming cleaner and healthier.

The Advanced Freedom State is recommended for people who find they revert back to negative patterns after initial success with healing therapies. Finally, you can clear the problem at the source, by targeting the biological elements deep within the cells. It is also recommended for those who work with people as it's helpful in protecting you and your clients from contaminating each other when working with energy techniques.

### PLEASE NOTE:

The results of the Advanced Freedom State is only fully noticeable after some time, as the world around you needs time to adjust. The final results may vary due to personal circumstances and the description is only the guidelines of possible results. After recuperating this state you might need additional training to acquire missing skills to deal with your life situation or to fully benefit from the process.

This state is not recommended for women while pregnant.

**REQUIREMENT: Standard Freedom State**

## STATE BENEFITS

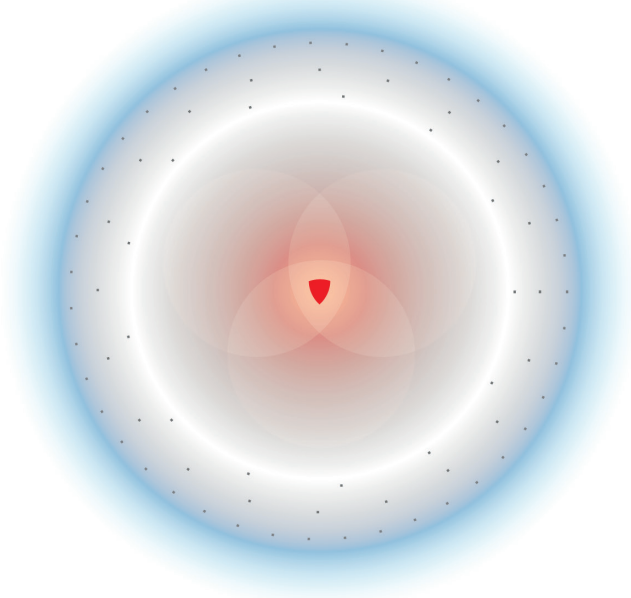
- Less likely to be involved in conflict,
- Protects you from negative influence or manipulation imposed upon you by groups
- Heals personal tendencies towards manipulation of others, especially towards groups
- Clears negative feelings and tendency towards self-harm and self-sabotage
- More life energy
- Possibly minimal sleep state
- Greatly reduces the manipulation from Microbes and parasites
- More conscious of your boundaries
- Improves your ability to interact with others truthfully, without manipulation and attachment.
- Enhanced IQ with an increased ability to connect information and ideas
- Gives you more clarity
- Clears the mechanism of substitute emotions
- Gives healers, therapists and clients protection when working on an energetic level

[www.antahocan.com/advanced-freedom-state](http://www.antahocan.com/advanced-freedom-state)

So, the main feeling now seems like when you clean your PC and get rid of a number of programs that you don't use but still are working and use your operational memory. It's like you dropped big bag and now became lighter... Really hope that it's just the beginning and there are much more transformations in future, because felling all these changes in yourself is the most exciting thing now in my life. Thanks a lot.

**Konstantin, Russia**

# CORE ESSENCE STATE



This State helps you get back to who you really are. Often we become so attached to a constructed identity that we are lost when change arrives. A mother whose children have just left home, a person retiring after 30 years in the same job, someone who is forced to move to a new country – a shift in our circumstances can create great internal conflict when we are overly attached to an external identity. But it's not just our external identity, our internal identity can have a prohibitive effect on who we are too. We may unconsciously align with the beliefs of our parents or our cultural heritage for example, and this too can be a limiting force in our lives, stopping us from being all that we can be.

With the Core Essence State you can begin to understand that your roles or circumstances in life are not you. Finally, you will have the power to be who you really are, free of all other influences. Without the existential anxieties around survival that come with the constant, underlying fear of losing your identity, you will feel more connected to your inner purpose and more courageous to pursue your greatest goals. You will find yourself acting from the heart, driven by your own beliefs and values. Your true self will be free to shine as you come into a deeply stable, unlimited state of being.

The Core Essence State also heals the underlying forces that create a tendency to switch into different personalities in different situations. After this State, you will experience greater stability and more congruence with your true identity.

**Prerequisites: Inner Balance State, Freedom State**

## STATE BENEFITS

- More connected to your true self
- Less anxiety around survival
- Acting upon your own beliefs
- Removes internal influences so true essence can appear
- Identity becomes more consistent and congruent

[www.antahocan.com/core-essence-state](http://www.antahocan.com/core-essence-state)

Characteristics, dreams, abilities, aptitudes and dysfunction, my and also those of my parents, grew into the experience of understanding when these "not mine" items dropped off me. Then I realized who I am and what is truly mine. This State brings a wonderful return to my inner self, makes me stop behave irrational and incomprehensible. I can see more clearly what is inside me to repair, heal, learn and overwork.

**Catherine, Italy**

# LIFE FLOW STATE PACKAGES

## STABILISATION PACKAGE

The three primary States – Inner Balance, Gratitude and Here and Now – work together to give you a firm and supportive foundation for growth. Their balancing effect makes them, as a group, the most important of the States as they give you the equilibrium to be unruffled by everyday triggers so you can pursue your positive purpose. Afterwards you will be happier, more effective, focussed and connected to people and the world around you.

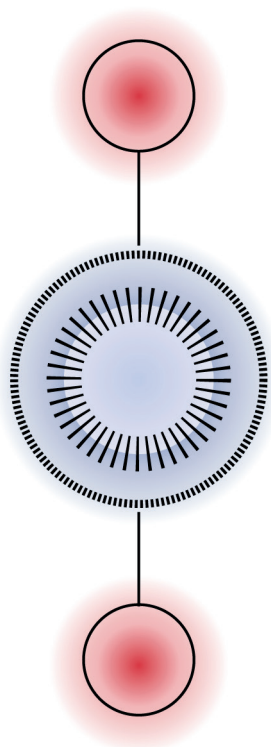
This Package is also recommended for children. Its stabilising effect helps them to consciously direct their attention, focus better and not be activated by every day life events.

These three States are a pre-requisite for moving on to the more advanced States.

## PACKAGE BENEFITS

- Those with emotional blockage will feel more alive
- Those who feel blocked may experience an increase in happiness
- Can unblock the sensation of your other States
- Emotions immediately return
- No longer feel cut off or detached from the world

[www.antahocean.com/lifeflowstates](http://www.antahocean.com/lifeflowstates)



## ABUNDANCE FREEFLOW PACKAGE

The Abundance Freeflow Package works deeply to remove the trauma that blocks your abundance energy. Aligning you to a state of abundance, it will help you transform the negative habits and beliefs around finances that are stopping you from having what you need.

Perhaps you hold conscious or unconscious beliefs that you are not worthy or capable or that money is the root of all evil. Perhaps your habits are taking you into dangerous debt or stopping you from saving, or perhaps you are simply not taking any actions at all to improve your situation.

This package will address the underlying causes that create these limiting behaviours, clearing the traces of trauma and their negative influences so that you are free to welcome abundance into your life.

The Abundance Package is a six-month programme and includes monthly one-to-one Skype sessions as well as action steps and exercises to ensure you are making progress through the process.

**Prerequisites: Stabilisation Package and Advanced Freedom State**

## PACKAGE BENEFITS

- Be aligned with the abundance frequency
- Change beliefs around luck
- Change thinking around what is/isn't possible
- Clear the imprints which block the flow of money energy
- Make better more creative decisions around finances
- See more positive financial opportunities

## USEFUL FOR

- People struggling with money, debt and cash flow
- Anyone who wants to increase their abundance
- Anyone looking for financial independence and success
- Anyone who feels poor and that they do not have enough

[www.antahocean.com/lifeflowstates](http://www.antahocean.com/lifeflowstates)

# LIFE FLOW STATE PACKAGES

## IDENTITY PACKAGE

This package brings together a collection of advanced States that work powerfully to bring transformational change. Its effect is to liberate you from blocks and trauma associated with ancestors, culture and heritage, as well as your own false beliefs about who you should be.

We work directly with what we call your 'trauma strings', the structures within your cells on which the traces of your traumas are located. The average person has thousands and thousands of trauma strings, but they are not all activated. When two or three are activated you might feel agitated. When six or seven are activated, that's when you experience enormous difficulties in life, such as stress, ill health, crisis and conflict.

We go deeply to the site of the trauma strings to clear them out. Once they are gone you will start to discover who you were before you were defined by trauma, habits and belief systems. When the trauma is gone you start to see the world and yourself very differently.

After this package there is a very clear life path. It is the best possible direction for your current incarnation; all alternate paths are dissolved. Your efficiency and positivity increases dramatically and you will be at peace with the events happening in your life.

This package includes four core identity States which have a huge impact on the way we think about ourselves. These States are specific to this package and are not generally listed in this brochure.

**Prerequisites: Freedom State, Advanced Freedom State and Core Essence State**

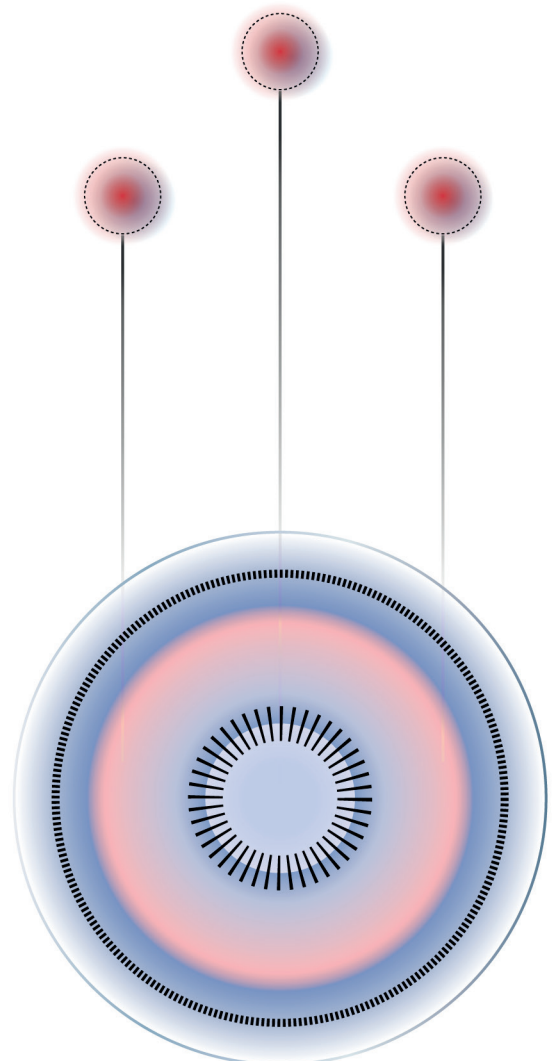
## PACKAGE BENEFITS

- A strong sense of purpose
- Clarity about what you are doing in life
- More efficient
- More productive
- Greater sense of peace and wellbeing

## USEFUL FOR

- Those who feel they are facing huge difficulties in life
- Those who feel overwhelmed
- Those suffering from anxiety and stress
- Those experiencing a lot of conflict in life

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# LIFE FLOW STATE PACKAGES

## ANTI-DEPRESSION PACKAGE

This intense and deeply healing package has the power to bring back your vitality and lust for life. Created specifically for those who are depressed, whether or not they have been diagnosed, it works deeply on the trauma that underlies debilitating depressive symptoms.

Depression is not always recognized or diagnosed, and it may show up in different ways. You may have feelings of hopelessness, low energy or low mood, or perhaps you find it difficult to take pleasure in the things you once loved, or to see any point in doing anything at all. When you're depressed, it can feel as if your life force has ebbed away, leaving you a shell of your former self. Everything seems like too much work, so you do less, feel less, think less.

With strong healing techniques that work to clear deep-seated trauma, we help you to become unstuck so that you can regain your energy and feel connected to life and the world around you once again.

This package gives you four important States. It is a three-month treatment programme, during which you will follow a personalized anti-depression protocol that includes six Skype sessions. You will be evaluated before and after the programme, and you will have access to private communication with Agnieszka and additional healing if necessary.

**Prerequisites: Stabilization Package, Freedom State**

## PACKAGE BENEFITS

- Increased interest and pleasure in daily activities
- Relief from depressed mood
- Decreased fatigue, loss of energy
- Clears the feeling of being trapped and being "out of options"
- More stable behaviour
- Increased ability to concentrate
- Decreased feeling of hopelessness
- Increased self-worth
- Feel more flow

## USEFUL FOR

- People with depression, whether or not diagnosed
- Those who feel stuck, that life is pointless.
- Those who feel down
- Those who feel hopeless
- Those who have massive mood swings
- Those suffering from a loss of energy

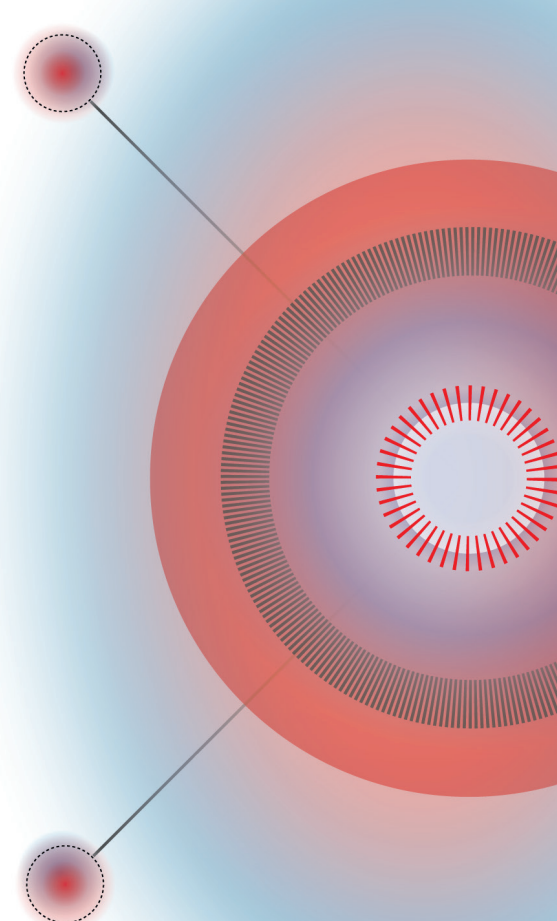
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## FIND OUT MORE

For more Life Flow State queries or information please contact us on: [info@antahocean.com](mailto:info@antahocean.com)

For a personal one to one session with Agnieszka (Agnes) please visit: [www.antahocean.com/one-one-session](http://www.antahocean.com/one-one-session)

Also visit us on Facebook for our latest news, galleries and updates: [www.facebook.com/antahocean](http://www.facebook.com/antahocean)



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