

METTA HEALING AND MINDFULNESS WITH DAVID STOJANOVIC



Metta Healing

Metta is an old Pali word meaning “loving-kindness, goodwill, and active interest in others.”

What is Metta Healing?

Healing is not about removing pain, it is about bringing to the awareness the negative/unpleasant and unresolved experiences that one has experienced through life, so the issue will not be returning again.

These experiences are often pushed away and forgotten, but stored somewhere in the body and recorded in the subconscious mind. As long as we look away from them, we are not able to heal. By bringing to your awareness what is happening, you will heal and the problem will not return.

Most of our problems come from childhood. What one has experienced in childhood will be re-experienced in mature life. Once we understand that, the old wounds will heal and not reappear again. During the healing session, some chakra session might be done from the second session onwards.

How the treatment works:

During an initial healing session with David, he will conduct a full body scan to feel and see where problems are happening. He then uses his hands making a heart-to-heart connection, guiding the energy flow within you with his mind. You might experience an energy rush with or without him touching you.

The session will end with him giving you feedback of what he has picked up and done and some Mindfulness Techniques might be shared with you. For subsequent sessions he might do some chakra balancing work based on what your body needs. Separate session on Mindfulness can be booked to dive deeper into it.

Benefits of Metta Healing:

Release : Physical pain, Symptoms of illness, Emotional traumas

Increase : Mental and physical clarity, Intuition, Power of will, Creativity and vitality

Improve : Intelligence, Awareness, Self-esteem, Physical condition, Metabolism and weight loss

Resolve : Unhealthy habits, Addictions, Eating disorders, Fatigue, Negative feelings and emotions

Metta Healing Session : Bt 8,000 (90 mins)

Mindfulness Session : Bt 2,950 (60 mins)

***All Prices are nett**



About David Stojanovic

Metta Holistic Healer

David's healing abilities are an innate gift that he has had since childhood. For as long as he can remember, he has been gifted to see, feel and heal. He helps people worldwide by reducing their pain, relieving suffering, healing physical and emotional wounds and supporting them through transformations. Initially afraid or unsure of his gift, it was only in his late-30s that David began to truly embrace these amazing abilities and share them in the way he does now - to support others in solving problems in the emotional /mental/ physical and subtle bodies.