



THE DATAI
LANGKAWI

Serenity

The Datai Well-being Series



Paul Emery
Creator: A Peaceful Mind
14 - 25 June 2023

PAUL EMERY

Creator: A Peaceful Mind

Paul Emery uses a unique and powerful combination of the best and most effective mind/body techniques, developed over the past four decades by internationally renowned medical professionals. He has combined them to create a new form of treatment called A Peaceful Mind. This includes elements from NLP (Neuro-Linguistic Programming), Energy Medicine, Kinesiology, EFT (Emotional Freedom Techniques), TFT (Thought Field Therapy), along with his current neuroscience-based technique, the Havening Technique.

This rapid Psycho-Sensory treatment gently releases unwanted emotional responses such as stress, anxiety and worry by combining tapping meridian acupressure points, or therapeutic touch to the arms and face alongside visualisation. Paul's QEPR coaching service was awarded the prestigious 'Asia Spa - Holistic Treatment of the Year 2010 Award' and he is the co-author of 'The Soul of Success' with Jack Canfield. Emery was a resident at Chiva-Som International Health Resort for over six years and has been a visiting consultant at many of the world's top resorts. His international clientele includes Hollywood and Bollywood stars, as well as politicians, rock and pop stars, royalty, doctors and even psychiatrists.

Visit Paul Emery for a complimentary consultation - 15 minutes

THE PEACEFUL MIND SOLUTION (PAUL'S SIGNATURE TREATMENT)

(80 mins) - MYR 880*

Whether you're feeling stressed, anxious, worried, angry, sad or are dealing with a past trauma, Paul's proven, neuroscience, touch-based mind-body treatment will help you manage your emotions, become more peaceful and function better in your daily life.

Perhaps you're facing a current challenge that you'd like to handle more calmly and resourcefully, or you're struggling to quit smoking. Whatever you're going through, Paul will help you. With this transferable, therefore empowering, cutting-edge mind-body treatment, you'll be able to move forward in life with greater ease, confidence, and emotional strength. Don't let emotions hold you back - let Paul help you find the peace and calmness of mind to enable you to live your life to the fullest.

SLEEP BETTER TONIGHT

(80 mins) - MYR 880*

Do you struggle to get the restful sleep you need? Do you find it difficult to fall asleep, have thoughts racing through your mind, or does constant waking disrupt your slumber? Together with Paul you'll evaluate your mental, environmental and practical factors and develop a plan for better sleep. With his proven psychological relaxation techniques, you'll drift off easier, stay asleep longer, and wake up feeling more refreshed and alert.

WEIGHT LOSS MADE EASIER

(80 mins) - MYR 880*

Are your eating habits holding you back? Have you tried countless diets without success? With Paul's no-diet, 4-step Healthy Eating System, you'll be on your way to achieving and maintaining your optimal weight and eating goals. Also by experiencing his innovative psychological techniques you can say goodbye to stress, anxiety, cravings and emotional eating, and say hello to a thinner, more positive and confident you!

THE INNER PEACE MEDITATION EXPERIENCE

(50 mins) - MYR 660*

Do you struggle to quiet your mind and find inner peace? Paul's unique guided visualization and modern self-soothing touch-based meditation will leave you feeling calm, centered, and balanced. Experience a deep sense of tranquillity, whilst learning life-long tools to help reduce stress and improve your general wellbeing.

THE PHYSICAL HEALTH ACCELERATOR

(50 mins) - MYR 660*

Are physical concerns holding you back from the activities you love? Paul addresses the possible root cause of your symptoms - emotional factors - such as stress, anxiety and especially anger. All of which have been shown to play a major role in contributing to physical problems. Release these and amazing things can happen to your body! It's possible during this treatment for Paul to help you overcome or lessen acute and chronic aches and pains, injuries, autoimmune issues and help improve your overall physical wellbeing - to live a more comfortable, longer, healthier, stronger life.