



For your PENeM® session

Preparation:

For the session you need...

- Internet
- a laptop or computer (connected to power)
- access to Zoom
- an undisturbed place where you feel comfortable
- a sofa, bed where you can lie down comfortably
- a blanket to make you feel warm and cozy
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- a glass of water
- your PC is positioned, that I can see your face

Your mind has a break. Your inner doctor and healer guides.

I look forward to seeing you!

If you have any questions, please write to us at info@penem.org



Life panorama - that's how it works

With your decision you have already taken the first step. You intensify your process by writing your life panorama:

- Find an undisturbed place and take half an hour or more for yourself
- Place the printed PENeM life panorama sheet horizontally in front of you or draw a line (see template) on a sheet
- Start with your date of birth when you are born (or already in the womb if you have information about it, e.g. I was not wanted, not planned...)
- From ages 0 to 7, write down all events, situations and experiences that were emotionally difficult, stressful, challenging, overwhelming or anxiety-provoking. So deep emotional cuts that were overwhelming for you at the time (e.g. death of a loved one, in the hospital, separated from mother, father, accident, death of a beloved animal...)
- then continue until 14, 21 until today

During the preliminary discussion, I will identify with you “the common thread” that runs through your life in order to transform it in the PENeM® session.