

# Jill Whitley of Lighten Your Path to be Featured on CUTV News Radio

SOUTH OGDEN, UTAH, USA, March 13, 2015 /EINPresswire.com/ -- Jill Whitley is the founder of Lighten Your Path, a healing center offering a unique combination of alternative healing methods: [Rapid Eye Technology](#) (RET); [Emotional Freedom Technique](#) (EFT); and hydro-colon therapy, more commonly known as colonics.

“As human beings, we all have an inner knowing, but too often that intuition is compromised by the weight and stress of life,” says Jill. “Through Lighten Your Path’s services, ideas and answers will come. We just have to wake them up.”

RET encourages our natural ability to endure and release stress by working with the body’s natural stress relief mechanisms: blinking, breathing and rapid-eye movement.



**Lighten Your Path**  
*Tapping into the Body's Ability to Heal*

Have you ever seen a child's eyes flutter while they're sleeping? That's the dream state. But they're not haphazardly moving their eyes; there's a pattern. Jill uses a device to generate that pattern in front of the eyes and it tricks the body into believing it has entered REM sleep. If you do this while the client is awake, the subconscious and conscious can speak, allowing you to make a new choice. If

something is trapped in your neural pathways, like a trauma, RET can help you release that trauma so you no longer have to relive the experience.

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*Jill Whitley*

“I first learned about RET about 10 years ago,” recalls Jill. “I had five kids so needless to say I was a little stressed. I also had fibromyalgia. They put me on a combination of medications that had adverse effects. So my doctor passed me along to a physical therapist who introduced me to energy work. With RET, I could feel the pain release with each session.”

Colonics by contrast can be a little nerve-wracking if you’ve never had one. Waste in the body can get tied up in the bowel. Sometimes it doesn’t evacuate properly, especially with our diets and lack of exercise. Hydro-colon therapy releases that trapped debris, allowing every other system in your body

to function more freely.

“People get such different ideas about them. By the time they come in they’re really nervous,” says Jill. “But after the colonic, the main comment I hear is ‘I can breathe!’ They feel lighter.”

Jill works with people from all walks of life to find the answers within themselves to make desired changes in their life.

“One thing I hear is I feel safe here. I feel safe with you. For me working with a client I may have a gift for helping them feel at ease and respected. I regard my work as a privilege and I honor them as a person.”

CUTV News Radio will feature Jill Whitley in a two-part interview with Doug Llewelyn on March 16th at 2pm EST and with Jim Masters on March 23rd at 2pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Lighten Your Path, visit <http://www.lightenyourpath.net/>

Lou Ceparano  
CUTV News  
(631) 421-8500  
email us here

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