

# Katherine Nuyens of Empowering Change to be Featured on CUTV News Radio

MAPLE SHADE, NEW JERSEY, USA, July 15, 2015 /EINPresswire.com/ -- Katherine Nuyens is the founder of Empowering Change, where she specializes in facilitating empowerment with self-healing tools and techniques for personal and spiritual growth. Katherine uses hypnosis, the Emotional Freedom Technique,<sup>™</sup> and the Emotion Code/<sup>™</sup> Body Code<sup>™</sup> to create changes for clients all over the United States.

"I know the power of the subconscious mind," says Katherine. "The subconscious mind does not judge our beliefs. We live out our programs in our subconscious mind, and that part of our mind does not know the difference between real or unreal. As a result, our daily struggles and insecurities are manifestations of the programming we received from others and eventually ourselves. We are so powerful that what



we say when we talk to ourselves comes true! How do you talk to yourself?"

In a personal session, Katherine will use a combination of modalities to discover and release blockages such as trapped emotions and other saboteurs.

"When I work with clients on the phone or in person, I use applied kinesiology to determine if you are willing to heal, feel safe to heal, and deserve to heal. I use EFT<sup>™</sup> to bring all parts into alignment," says Katherine.

But once we've been set free of the burden of our trapped emotions and other saboteurs, how do we move toward the success we desire? The final piece of the puzzle, says Katherine, is our self-talk. We need repetition, repetition and more repetition to open new pathways in the brain and create the changes we desire.

"For more years than I choose to admit I felt not good enough," says Katherine. "Now I know we can all have what we choose to have and be in our lives with the right tools."

One powerful tool is self-talk. Katherine has expanded her services under the instruction of Dr. Shad Helmstetter's Self Talk Institute<sup>™</sup> to become a Certified Self-Talk Trainer<sup>™</sup>. According to Dr.

Helmstetter, when you change your self-talk, you rewire your brain; when you rewire your brain, you change your life. As an elementary school teacher and school counselor for 25 years, Katherine says she understands how important it is for children to grow up with healthy self-talk. Positive self-talk allows you to develop the confidence and inner strength to stand up to adversity of all kinds. Katherine is also the author of *Invitation to Greatness – A Workbook For Personal Growth*, a powerful tool to expand one's consciousness and facilitate self-healing work.

"I see so many changes in people," says Katherine. "People tell me I've changed their life, but it's not me. It's Spirit working through me. I'm just the facilitator. I'm speaking to their Wise Mind, the part of them that knows."



CUTV News Radio will feature Katherine Nuyens in an interview with Doug Llewelyn on July 17th at 2pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/07/17/cutv-news-radio-spotlights-katherine-nuyens-ma-ch-cst-of-empowering-change>



We are so powerful that what we say when we talk to ourselves comes true! How do you talk to yourself?

*Katherine Nuyens*

If you have a question for our guest, call (347) 996-3389.

For more information on Empowering Change, visit <http://www.empoweringchangeinyou.com>

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