

**FOR IMMEDIATE RELEASE**

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**CUTV News Radio spotlights Katherine Nuyens, MA, CH, CST of Empowering Change**

**Maple Shade, NJ** – 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. It just says, “OK”. 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*?

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/ Body Code<sup>™</sup> to create changes for clients all over the United States. 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>. Her goal is to hold free public seminars, **“Self-Talk for Success Seminars”** to bring this information to the world. We all need it!

In a personal session, Katherine will use a combination of modalities. She discovers and releases your 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 the child, teen and adult part of 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. At the subconscious level, parts of us are sabotaging ourselves and we don’t even realize it at the conscious level! When I started this new work in 1998, I was shocked to discover I had a fear of change, fear of success and fear of failure. I let go of those beliefs!

But once we’ve been freed 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 create new pathways in the brain, opening new doors to create the changes one desires!

“For more years than I choose to admit, I felt *not good enough*. Now I know we can all have what we choose to *have and be* in our lives with the right tools.” A powerful tool is self-talk. Visit <http://selftalkstore.com/?ref=53> to assist yourself. Our brain is wired for success, failure, or someplace in between. With the new scientific understanding of neuroplasticity, we know our brain continues to rewire itself. You can grow new positive neurons and pathways in the brain to improve your life!

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 the author of *Invitation to Greatness – A Workbook For Personal Growth*, a powerful tool to expand one’s consciousness and facilitate self-healing work. It is offered free on her website. [www.empoweringchangeinyou.com](http://www.empoweringchangeinyou.com).

“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*.”