

Manual therapies work wonderfully to relieve physical pain. However, sometimes, the physical solution is not so effective. Why ? Because the problem is more emotional than physical. The solution for pain relief relies therefore more on emotions management than on touch and pressure. Dominique Bourlet, a french alternative practitioner specialized in therapies from Asia, developed the Happy Healing Technique ten years ago to treat the emotional aspects hidden under physical pain. In eight magic steps, the heart becomes the healer and starts a happy healing process from pain to joy. The Happy Healing technique does wonders in less than one hour to let the pain go. It will take you first out of the zone of negative feelings for the body-in-pain like frustration or anger and then into the zone of sympathy and love. Dom Bourlet is a licensed Heilpraktiker in Berlin, Germany, and helps patients to heal thanks to a multilevel approach : physical with chinese acupressure, emotional with the Happy Healing technique and spiritual with energy healing. He stays a few weeks in Asia every year to « recharge » his healing batteries.

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