

# Silent Hands: Discover the Quiet Power of Your Unique Movement

## What is Silent Hands?

Silent Hands is a breakthrough technique that uses a simple, personal hand gesture to process emotions instantly. Because hand movements are neurologically rapid, a single second is often enough to decrease the intensity of an emotion or resolve it entirely.

Developed by Rogier Gielen, Silent Hands is based on the discovery that every human being subconsciously possesses a unique hand gesture designed to process emotional stress. My mission is to help you find yours.

## The Discovery Session: How It Works

As a practitioner trained by Rogier Gielen, I offer a specialized 1-on-1 session where we transform your subconscious movement into a conscious "super-technique."

**No Preparation Needed:** I guide you through the entire process.

**Instant Validation:** We test your Silent Hands movement immediately so you can experience the emotional release in real-time.

**Invisible Mastery:** You will learn to perform the movement "imaginarily." This allows you to release emotions in the presence of others without anyone noticing.

## What Will You Gain?

**A Lifelong Tool:** Once discovered, this unique gesture is yours forever to combat stress and negative emotions.

**Instant Release:** Let go of intrusive thoughts and heavy emotions in seconds.

**Unlocked Potential:** By clearing emotional blockages, you create space for your full potential to emerge.

**Effortless Integration:** Master the entire technique in just one session.

"Your silent power is your secret ally. Whether you're facing a difficult date, a high-stakes competition, or a stressful dentist visit—you stay in control with a single gesture."

## Real-World Results

How could Silent Hands change your daily life? Here are a few examples from my practice:

**Travel Anxiety:** Whether it's a car, train, or bike, the fear of a panic attack can be paralyzing. Imagine traveling with a sense of total calm.

**Work Stress:** Stop the cycle of endless to-do lists and weekend exhaustion. Reclaim your energy for the things that matter.

**Negative Thought Loops:** Quiet the "worst-case scenarios" that keep you awake at night. Calm your mind instantly before sleep.

**Breaking Habits:** Walk past the wine aisle or resist unhealthy cravings without the struggle of willpower.

## **Your Investment**

The Discovery Session: €299

### **What's included:**

A Deep-Dive Session: 90 to 120 minutes of 1-on-1 coaching at Connect Inn, Amsterdam.

Practical Mastery: Specialized tips to integrate your gesture into your specific lifestyle.

Follow-up Call: A dedicated telephone consultation to ensure the technique is working perfectly for you.

The Silent Hands Guarantee: If we don't successfully identify your unique movement during the session, we will schedule a follow-up appointment free of charge.

### **Ready to find your silent power while your staying in my B&B?**

It might sound too good to be true, but this holistic approach allows you to deal with negative beliefs and conflicts without breaking a sweat. Or well... maybe just a flick of the wrist.