



**Marja de Jong, Liberation Coach for Trauma release.** Diploma: Aug. 2017.

**p. 1:** Liberation Coaching **a.** education, **b.** what it is, action, result, **c.** safe, effective, durable, **d.** practical examples/reactions,

**p. 2:** Marja de Jong (photo) is affiliated with 3 practices and also works as a professional musician.

**a.** The training to become a liberation coach was much more extensive, but Marja specialized in liberation coaching. Her teacher therefore referred clients to her. So did general practitioners, dance therapists, hypnotherapists etc.

**b. Liberation Coaching:** a method to free yourself from traumas, bad memories/expectations WITHOUT talking about it, WITHOUT reliving it, WITHOUT re-traumatization, WITHOUT hypnosis, WITHOUT touch. And you do it all by yourself, so you have complete control. Action... you scale the degree of weight per subject during the consultation. Through coaching you change that weight. Result... memory remains, but the weight is gone. Then you remember experiences without the burden of the weight: then you have worked it OUT, worked it AWAY. Then you can NO LONGER be triggered. Then you are LIBERATED.

Also for quitting addictions including the essential clearing of the underlying problems from avoidance/numbing behavior (to prevent another addiction).

**c. Safe, effective and durable method:** usually within 1 hour a whole life freed from previous obstacles that are no longer effective!

The only known side effect: so much regret, sometimes even anger... that they doubted for so long whether it was really possible, and therefore did not do it much sooner!

Contraindication: addiction to drama & the fear that there will be nothing left to complain about. Indeed!

**General reactions:**

- How fast this works! All gone within 50 mins; this has never been achieved in my 60 years of psychotherapy!
- How fun and enjoyable this is to do!
- I feel pounds lighter!
- It's been a huge relief!
- So simple and yet so effective!
- I've never felt so happy!
- I wish I had done it much sooner!

**d. PRACTICAL EXAMPLES** (anonymised):

1. Dance therapist stagnates with client with severe **Dissociative Personality Disorder (DID)** and asks for help. Then 2x one hour of liberation coaching by phone; dance therapist is with cl. both times. Cl. is trigger-free without flashbacks and no longer needs dance therapy. Dance therapist therefore stops with cl.
2. 70-year-old woman can't **let go of her past**, despite 60 years of therapy (since age 10). After just one hour of telephone liberation coaching, she finally feels completely free and is overjoyed.
3. Orthopedagogue has 6 yr old son with **eating disorder** and **ADHD**. After EFT instruction for more peace/balance and nutritional advice without color/odor/flavorings, it goes well.
4. **Autistic** man needs something to hold on to. Makes a first aid surprise box with a step-by-step plan to get ahead of things. Makes him so happy, feels much safer.
5. Just before a meeting, a lady collapses from a **headache**, as often. After 5 minutes of Angel healing around her head, the headache is gone and she can go to the meeting.
6. A Brabant singer was going to have a **hernia** operation. During the Angel healing (without touching) around her body, a shock went through her. The operation turned out to be no longer necessary.
7. Woman can't get rid of **painful armpit inflammation** for months via GP. With dietary advice it's over within a week. When doctor hears this, he reacts laconically.
8. Sensitive adolescent with **unrest and fear** for the future. After liberation coaching and energetic protection tips, she is doing well: calm, courage, more herself.

**REACTIONS from clients regarding liberation coaching** (anonymised):

1. A client is **addicted to whipped cream** and doesn't want to eat whipped cream anymore: "I seemed to avoid whipped cream, haha, I tried it once. It actually tasted like nothing. A bit of a strange feeling, especially the greasy taste was dominant. In any case, not tasty!"
2. A client who had suffered from **severe headaches for 20 years**: "I was called for the liberation coaching appointment. Tired from 20 years of constant severe headaches. I felt obstructive thoughts disappear and now have pleasant ones in their place. My headache also disappeared. I felt pleasantly lethargic and very sleepy. Went to bed early."
3. A **New Age Coach** called as a client for liberation coaching. He works with Byron Katie and Louise L. Hay, among others. He graduated cum laude from that coaching training. "With the New Age Coaching my head was clear of **old pain**, but **deep down it continued to bother** me. After about 50 minutes of liberation coaching on all sorts of things, everything was clear." He was completely overwhelmed and amazed at how well the liberation coaching had helped him.

**Marja de Jong is affiliated with:**

♥ **Heart for being WHOLE:** <https://hartvoorheel-zijn.jouwweb.nl/>

**with:** group practice with various experts (doctor of natural medicine, liberation/ heal+health/ lifestyle coach, naturopath, phytotherapist)

**goal:** to find your natural wholeness again

**motto:** practical and durable

♥ **HEALTH-help:** <https://health-help.jouwweb.nl/welcome>

**with:** own practice with 20 different disciplines

**goal:** to make it easier for you to help yourself and be more yourself

**motto:** use your common sense

♥ **Praktijk De Jong, mentally healthy:** [praktijkdejong-geestelijkgezond.jouwweb.nl](https://praktijkdejong-geestelijkgezond.jouwweb.nl)

**with:** Pieter de Jong (Note: has no room for new clients), Clinical Psychologist, Psychotherapist, Cognitive Behavioural Therapist VGCt® and EMDR Europe practitioner.

**goal:** mantally healthy

**motto:** from surviving to living



In addition, Marja de Jong gives concerts as a **professional musician:** [marjadejong.jouwweb.nl/english](https://marjadejong.jouwweb.nl/english)

- Singer, conductor, composer (majors at the conservatory)

- Multi-instrumentalist (self-taught)

- She has sung in over 20 languages and written poems in 7 languages.

- She writes and makes music in many styles, plays various instruments (not all equally well, mind you).

- She works as a vocal coach, mainly for professional musicians.

**DISCOGRAFIE:** see <https://marjadejong.jouwweb.nl/offer>

2019 Sep 01 Release solo CD, 27 tracks, 78 min: **Magic of Music**, voice (1-3 parts), harp.

2018 Sep 16 Release solo CD, 22 tracks, 66 min: **Harp Songs 2018**, voice (1-3 parts), harp, percussion.

2018 Apr 01 Release solo CD, 19 tracks, 70 min: **Feeling Thine Arms Around Me**, voice (1-4 parts), sev. instr.

2012 Dec 23 Release solo CD: 14 tracks, 55 min: **Christmas from Heart to Heart**, mmv instrumentalists, choir.

**BIBLIOGRAFIE:** see <https://marjadejong.jouwweb.nl/offer>

And much more...

2021 nov 08 Release MUSICAL GROWTH BOOK **HARP/ PIANO part 3, 1st ed**, 32 p: 6 Kerstduetten (delen 1+2).

2021 nov 08 Release MUSICAL GROWTH BOOK **HARP/ PIANO part 2, 1st ed**, 48 p: 20x Middeleeuws + Folk.

2021 sep 16 Release MUSICAL GROWTH BOOK **HARP/ PIANO part 1, 3rd ed**, 56 p: 36x Old Gold + Brand New.

2021 mei 17 Release MUSICAL GROWTH BOOK **HARP/ PIANO part 1, 2nd ed**, 56 p: 36x Old Gold + Brand New.

2021 apr 07 Release MUSICAL GROWTH BOOK **HARP/ PIANO part 1, 1st ed**, 56 p: 36x Old Gold + Brand New.

2020 nov 05 Release **15 UKE SONGS FOR SAINT NICHOLAS**, 15 p: for ukulele/ guitar, friendly Dutch lyrics.

**REVIEWS:** see <https://marjadejong.jouwweb.nl/english>



Marja's wonderful voice reaches out to the hearts in the audience to awaken the primal wisdom with a kiss.  
*AdBoogaard, city chaplain Arnhem, 2015.*

Surprisingly splendid voice.  
Went home with warmed heart.  
*Wanda Everts, 2019-9-15, Zwolle.*

Lovely concert! Very healing.  
*Steve Tidbury, 2021-6-22, Germany.*

Like an angel, singing to us about the earth's treasures.  
*Tineke Willemsen, 2020-9-20 Elst.*

Particularly atmpsrpheric concert.  
*From review by Salland1, 2021-6-27.*

On wings of light  
My songs will find you heart.  
Beyond time and measures  
Love and light are treasures.  
*Marja de Jong, Master of Music.*



Magical harp playing.  
*From review by Salland1, 2021-6-27.*