

TABLE WORK & MINDWORX

NOT ALL RELIEF GOES THIS DEEP

Most methods work on the symptom, the story, or the surface...and they can help. This shows where each one reaches its limits, and where Table Work and Mindworx are designed to go deeper.

	TABLE WORK	MINDWORX	Massage	Reiki	Chiropractic	Talk therapy	Meditation	Medication	Acupuncture	Breathwork
✓ DOES THIS										
● PARTIALLY / SOMETIMES										
✗ NOT WHAT IT'S FOR										
Beneficial for Mental Stress	✓	✓	✗	●	✗	✓	●	●	●	●
Beneficial for Physical Pain	✓	●	✓	✗	✓	✗	✗	✓	✓	✗
Beneficial for Emotional Turmoil	✓	✓	✗	✗	✗	✓	●	●	✗	✓
Beneficial for Spiritual Alignment	✓	✓	✗	●	✗	●	✓	✗	✗	●
Dissolves Core Stress at the root	✓	✓	✗	✗	✗	✗	✗	✗	✗	●
Results Stay after the session	✓	✓	✗	✗	✗	●	●	✗	✗	●
Built on Action, not Awareness	✓	✓	✓	●	✓	●	●	✗	●	✓
Low effort, high-level results	✓	✓	✗	●	✗	✗	●	✗	●	✗
Relief from the first session	✓	●	✓	●	●	✗	✗	●	●	✓
Can be done anytime, anywhere	✗	✓	✗	✗	✗	✗	✓	✗	✗	●
You build the Skill For Life	✗	✓	✗	✗	✗	✗	✓	✗	✗	●