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Effective from 2025

✧ JURA ANIMA — Professional Identity

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- Using the Emotional Memory Process™ methodology in professional or commercial activities without prior written permission
- Creating trainings, group sessions, or therapeutic programmes based on the EMP™ without written consent
- Copying, rewriting, or distributing any content from this website
- Translating or adapting materials for commercial purposes

Permitted personal use:

You may use the programmes and content solely for personal self-exploration — without distribution or sharing with others.

✧ About the Books & Programmes

Jurate Paltaroke is the author of the following works:

- The Atlas of Emotional Memory: Mapping Your Path to Wholeness
- Beyond Anxiety's Prison: The Emotional Memory Path to Freedom

These books and self-help programmes are intended for individual self-exploration and personal development — not for professional training or clinical application.

✧ Nature of Services

JURA ANIMA programmes are self-help tools oriented toward emotional memory and inner self-observation. They offer a compassionate, body-centred space for personal exploration.

These services are not:

- Medical or psychotherapeutic services
- Professional therapy or certified clinical training
- A formal therapist–client relationship as defined by regulatory bodies

The Emotional Memory Process™ is a somatic and psychodynamic self-exploration methodology developed from decades of clinical and therapeutic practice. It is offered in the spirit of deep respect for each person's inner world and their own pace of healing.

✧ **Responsibility & Boundaries**

By engaging with this content, you agree to:

- Take personal responsibility for your own emotional wellbeing
- Pause or stop if the process becomes too intense
- Understand that this content does not constitute medical or psychological treatment

It is always recommended to seek professional support if you are experiencing:

- Severe depression or persistent anxiety
- Thoughts of self-harm or suicide
- Intense traumatic memories or flashbacks
- Addiction or disordered eating
- Emotional crisis or uncontrollable impulses

If you are in crisis, please reach out to a qualified mental health professional or crisis service in your country.

✧ **Data Protection**

What data we collect:

- Your name and email address (when you register or write to us)
- Website visit statistics (via cookies)
- Records from email correspondence or registration forms

How we use your information:

- Only to provide the requested service or respond to your enquiry
- We do not send promotional materials without your consent
- We never sell your data to third parties

Your data is held with the same care and confidentiality that guides all work within the JURA ANIMA space.

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✧ **Contact**

For questions regarding privacy or content use:

 juraanima@gmail.com

 juraanima.com

✧ *JURA ANIMA* – *Juraté Paltaroké* ✧
juraanima.com · juraanima@gmail.com