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Empowerment of Healing



What you can expect in a session:

- 1) Each session is personal, no two are alike.
- 2) The session will begin with 5 to 15 minutes of discussion to determine your focus. Sometimes the focus shifts during the session depending on what the subconscious mind reveals.
- 3) The subconscious mind is a record of the past and it stores everything. 95% of our thoughts are from the subconscious and 5% are from our conscious mind. On average people have approximately 70,000 thoughts each day and most of them are the same thoughts as the previous day. If you wake up every morning thinking about something negative it will continue to bring you down and create negative occurrences in your life. By doing these sessions you can discover where these thoughts and patterns originated from and reframe them more positively.
- 4) You may find out that some of your patterns are inherited not just from your parents but from many generations back. Sometimes a mystery pain could be due to a miasm, which is an inherited physical issue that was never remedied by your ancestor or an emotional issue that was never remedied.
- 5) You could gain clarity of something that has been bothering you.
- 6) You could let go of old programmed belief patterns that are not serving you and create new patterns that are uplifting and bring you to your highest good.
- 7) You could release negative trapped emotions.