

Turn ringer off on your phone please – interactive session where we may enter in a meditative state.

Current healthcare system in the US looks at symptoms individually

versus

A whole person approach or holistic approach that acknowledges a person is more than just their physical symptoms. For example, two people with knee pain will be addressed differently when you look at the whole picture.

## EXERCISE: seeing parts versus the whole

### Structured energy healing

1. Locate the stressor the person is unaware of that is ready to shift.
2. The practitioner directs attention to the stressor and makes a suggestion to the bodymind to see if something can improve.
3. Release old emotions/energy that is ready to be released.  
Give it some love baby 😊
4. The body knows what to do when not stressed! Intention, faith in something Greater, possibilities, expectations.

 Energy medicine affects all aspects of a person: physical, emotional, mental and spiritual

## EXERCISE: demo using map

- Latest scientific research not funded by big pharma
  - Quantum physics
  - Applied kinesiology
  - Epigenetics
- The information is there we just have to know how to access it using the right brain / intuition.
- BodyTalk & Accunect

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## Trauma

- Getting the wind knocked out of you.
- Ie. accidents at work, home, car, etc.
- Words someone (especially a caretaker) said to you that took your breath away.
- When it wasn't safe to "be you."
- We say "it wasn't bad" but then there is nothing to heal!

## Redefining Trauma - unresolved issues held within the tissues of the bodymind

We stay in pain when we don't face what is coming up or we keep pushing away ie. "bad thoughts."

We break free from pain when we face it even it, even if it makes no logical sense.

## EXERCISE: demo using map

Let eyes be drawn ~ intuition increases so does confidence

## Resources on issues held in the tissues of the body

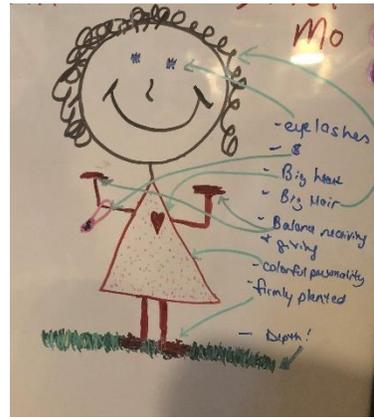
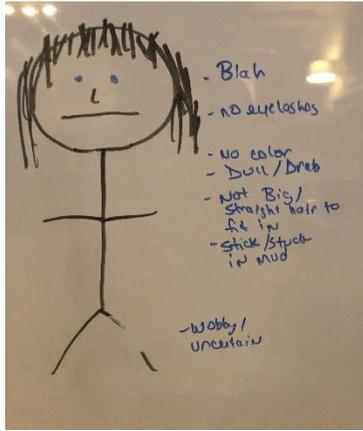
**Dr. Gabor Mate** – When the Body Says No, The Cost of Hidden Stress

Says: "it's not the painful events that cause the trauma, it's the times we had to sit in the pain ALONE that causes trauma."

**Bessel van der Kolk** - The Body Keeps the Score

Reveals how trauma literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust.

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## What's your why?

Humans are resilient we can handle a lot of pain ~ why do you want to feel better, what difference do you want to make?

Big Dreams – make sure they are your dreams, not what you “should” be doing.



## Dream Big!

Dream Beautiful Dreams...Dreams that make you feel alive!

*Breakthrough method that will help you create habits so you can realize your dreams.*

### Energy medicine can help you:

- Stop avoiding and start facing your core heart wounds in a fast, easy and effective way.
  - Individual sessions: where are the core heart wounds stored? IE. if in liver and you are avoiding the wound then the liver doesn't get attention.
- See if there is something blocking your connection with your something Greater. Must tune in frequently!
- Embrace your uniqueness.
- Disrupt old energy patterns that leave you making choices that keep you off your path and leave your body stressed and tired.

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## Interested in more information?

Schedule a no obligation consultation to see if the Break Free from Pain 90 day transformational journey may be right for you.

<https://revealtheheart.com/book-now/>



Ready for more tips, trainings, healing? Sign up for the free Facebook group using the link above and click "JOIN NOW"

### **CHANGE!**

If we want to feel healthy physically and mentally, one of the biggest changes we must make as a society is to understand the role that emotions play. We don't need to talk about our feelings, we need to FEEL our FEELINGS! Then we can talk about the changes we expect or discuss a situation.

Feelings are just feelings unless they are judged.

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