



How I would describe natural healing...

I aim for a smooth path to my goals, but I understand the journey involves re-framing my experience and testing new perspectives through action. This isn't an error; it's how I am designed to grow. When my desires exceed my current capabilities, I can either shrink my dreams or expand my perspective to fulfill a higher potential.

My body and identity seek pleasure and status, while my higher Self or Soul aims to grow, serve others, and reveal a deeper calling. Initially, my body hides my higher purpose.

I know this to be true whenever I find myself apologizing for wanting more, or whenever I believe I have failed at something I have not mastered yet. My objective is always to align my deeper desires with the limited framework of my personality.

As the transformational process unfolds, my higher Self and body's goals merge. This alignment happens through my inner work. I am here to transform beliefs and family patterns that I have outgrown and that no longer serve me. My mission is to upgrade my human body to be both physical and spiritual. Through my actions, thoughts, feelings and behaviors I am devoted to practicing and weaving a harmonious balance, among my physical, mental, emotional and energetic bodies. What this means to me is that I am connected to what I am thinking, feeling and taking action towards and always striving towards resonance.

Emotional reactivity and fear challenge me because the negative charge within my body hinders clear discernment and transformation. I was born with dormant supernatural powers that my consciousness, self-awareness and self-observance can unlock. In order to grow in my consciousness, I believe I must transform my identities or many personas along with their triggers.

I synthesize a combination of energetic clearing tools including Emotional Freedom Techniques (EFT) to break the circuitry and to unlink existing

ill-fated energetic connections while restoring the body's natural ability to heal.