

What does a Session look like?

When you come to work with us in person or on the phone, we would first interview and explore your heart's desire in all areas of your life: relationships, career, health, spirituality, finances, etc. After formulating your intention(s), we invoke our God-Selves (Guidance) and work with your God-Self to create a synergy of healing specific to you.

The process begins by re-connecting with your inner knowing or refining that connection through several techniques we have developed. The emotional/spiritual/physical manifestation of unconscious patterns in the soul or personality are then activated through the frequencies of Love, assisted by sound, movement, breathwork, energy work, and psychic guidance from us.

As energy moves through the body, parts of the soul that have been lost have the opportunity to reunite with the body. New awareness, wisdom, and profound shifts in consciousness often result. The heart is the center of all soul integration.

We help you consciously dialog with your soul, your inner parts (children, male, female), and your God-Self to find the pathway of Unity and Wholeness.

At the end of sessions, we co-create practical plans and tools including homework, on-going counseling, and/or additional sessions. We hold a sacred container for you the entire time you work with us for as long as you contract to work. This work is fast, precise, and effective.