

**This is what your three-month journey to wellness will look like; all sessions will be conducted online.**

Offering proven powerful treatments to, clear energetic blockages and to accelerate your healing – whether mental, emotional, physical, or spiritual. Relieve anxiety, fears, doubts, and discover your connection and purpose to self and this life.

\*This journey will most likely be customized to suit your individual circumstance.

**Note to self: The body heals in layers - Mental, Emotional, Physical and Spiritual. Be patient, most important, believe in your healing journey.**

**Layer 1** (3wks \*sessions) - Collection of your personal and family health history - Record of nutrition and medical/natural support - Submission of current blood work - Physical (bowels, liver, lungs, lymph cleanse)

**Layer 2** (1wk 2\*sessions) - Energetic cleanse (chakra points) - Body smudge - Home smudge

**Layer 3** (3wks 3 \*sessions) - Emotional cleanse; fear, anger, forgiveness

**Layer 4** (2 weeks 3 \*sessions) - Affirmations – write and refresh - Breath and guided mindfulness meditative journey.

**Layer 5** (1wk \*session) - Evaluate feelings and perceptions.

**Layer 6** (1wk \* sessions) - Evaluate nutrients, vitamins, mineral support, and homeopathic recommendations.

**Layer 7** (1wk \* sessions) - Discharge notes: Making plans to stay on course --- Life struggles can't be bypassed in life. No matter how strong or rich you are, there will be a point in your life that you may find yourself in a painful and weakened state.

*“Dealing with hardship is never easy. But no matter what challenges and struggles you find yourself in, your power to overcome them is the measurement of your strength. – Unknown*

There are no guarantees in life, but be proud that you have taken the necessary steps to adapt a healthier lifestyle and experience quality living.

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Blue seal Award – Writing, Canada's 100 Black women to honor. Eminence Award.

**I'm encouraged to connect, inspire and positively impact other people's lives to help them rise.**