



## Get to know us

and how SITwithit came to be

*Since 2019, Ocean, Dr. V & their growing Army of Healers have helped humans all over the globe resolve physical, emotional & spiritual pain from the inside out.*

It all started with a personal mission to heal Ocean's migraines in 2015 after being let down by all other medical options.

After stumbling upon a podcast about the physical impact of repressed emotions & memories, they resolved her migraines by bringing resolution to a seemingly insignificant memory from when Ocean was 12.

Dr. V started experimenting with helping her clients address repressed emotions in her acupuncture sessions and was blown away by how quickly people were healing - **especially in areas where acupuncture wasn't sustaining the results.**

It didn't take long before people caught wind of the results she was getting, and her practice took off like wildfire.

Dr. V became one of the most in-demand practitioners in Alberta - *some clients driving up to 500 km ONE WAY to receive a single session.*

*It was clear people were craving this, and more Healers needed to bring this into their sessions.*

SIT was officially systemized and developed in 2019, and has been empowering healers & humans ever since.

*If you've tried everything, you might just need to SIT with it.*



## BOOK A SIT SESSION

## SUBCONSCIOUS IMPRINTING TECHNIQUE (SIT)

Empowering Humans & Healers since 2019

[www.sitwithit.co](http://www.sitwithit.co)

# WHAT IS SIT?

## What is Subconscious Imprinting Technique?

SIT is a step by step healing system designed to uncover & resolve emotional data from the past that is manifesting as physical pain and frustrating behavioural patterns in the present.

**The body remembers what the mind forgets, and our practitioners are qualified to uncover & bring resolution to the repressed memories & emotions that your body or behaviour are bringing attention to.**

Our practitioners are trained to Reveal and bring resolution to the Subconscious, Somatic, Generational & Past Life Imprints that are keeping people looped in physical or emotional pain.

**Common symptoms that have seen resolution with SIT include:**

- Anxiety
- Skin Conditions
- Back Pain
- People Pleasing
- IBS
- Night Terrors
- Insomnia
- Headaches/Migraines
- Sciatica Pain
- Menstrual Pain/Irrregularity

*and so much more...*



# THE 4 E'S OF MEMORY

Our practitioners are trained to identify:

## EMOTION

Emotions are energy in motion. When we are not given a safe space to discharge the energy after a big emotional event, it will recycle itself in situations that remind the nervous system of that event.

Animals intuitively shake it off, humans have been taught to stuff it down.

## EVENT

This is a singular, more typical "traumatic" incident that people think of when the word trauma comes into play.

This could be a car accident, a big move, a divorce, sexual assault, death of a loved one - and the emotions around it. An event is a singular experience

## EXPERIENCE

This is a short period where a physical or emotional need was not met, or there was physical or psychological pain endured.

This would have extended longer than a singular event, like *"My grade 2 bully"* or *"Getting dropped off at summer camp for the week"*.

## ENVIRONMENT

This is more typical of the house you grew up in, the parenting you received (or did not receive), and if your physical & emotional needs were met in a way that you perceived to be satiating.

# RELEASING THE 4 E'S

With Subconscious Imprinting Technique, our practitioners will help bring resolution to the original **emotion, event, experience** or **environment** that your symptoms are signalling to, even if you don't remember anything "significant" happening.

## TESTIMONIALS

***I couldn't drink water without throwing it up!***

**"I wasn't able to drink water without throwing it up. Since that session, I have been able to drink 105 gallons of water in the last 107 days"**

**J.B.**

***SIT absolutely equals freedom.***

**"I signed up as a volunteer and resolved 30 years of low back pain during a SIT students exam. That was the clincher for me. I knew I had to sign up."**

**Jay**

RMT & Eden Medicine Practitioner

***No more MIGRAINES!***

**"I acknowledged and released a memory I was ashamed of and the consistent migraines that were ruining my life for over a year have magically DISAPPEARED!!!"**

**Jen. M.**

***For years I had this suffering on my skin***

**"Oh my god, my hands aren't swollen! My hands aren't itchy and red and cracked and bleeding!"**

**Nadia**

Mentor & Healing Through Art

