



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

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/Irregularity

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

