

"Your issues are in your tissues." Welcome to your authentic whole-life healing.
85% of physical ailments have an emotional root cause from stress- Dr. Candace Pert

The Root Of It

Centre for Well-Being



Are You Ready For Journey Work® at The Root Of It?

Ask yourself:

- Do you feel weighed down by emotions or stress?*
- Are you feeling stuck, blocked, numb or disconnected from life?*
- Are persistent habits keeping you from reaching your full potential?*
- Do memories shape your feelings of negativity?*
- Are you faced with burdensome physical symptoms or injury?*



Benefits of Journey Work®...

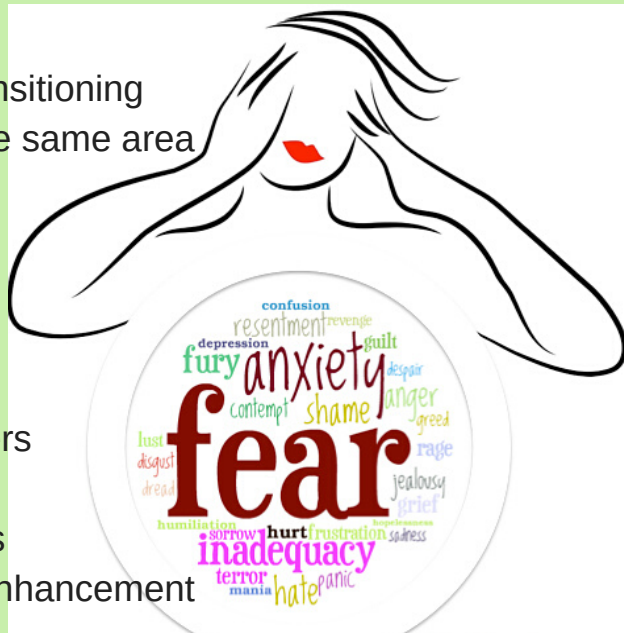
Journey Work® gets to the root of any challenging life issues, clears out the current negative, unconscious and learned, cellular patterns of stress and allows you to access your highest health and well-being. Journey Work® uses your body's natural healing potential and wisdom to promote new, positive, healthy cellular regeneration responses to life. Journey Work® is not a therapy. Therapy is focused on your experiences of the past and works with the Mind for relief. Journey Work® however is a brain-to-body based intervention that deals with how your cells respond to your experiences in the "NOW" to enhance and create positive, healthy cellular responses in your future without you even having to think about it.

What Is Journey Work®?

Journey Work® for adults, seniors, adolescents and children is a simple step-by-step road map to accessing and releasing the blockages that are preventing you from reaching your healing goals. **This deeply relaxing technique is a gentle method of releasing cells in the body that have "shut down" due to lack of coping to current situations of stress.** It can be applied to every area of your life to enhance your well-being and create freedom from your problems. When you get to the root of your stress, clear unconscious blockages and release them, you welcome circulation, freedom, relaxation, ease, success, happiness and new, healthy patterns of response into your life.

Physical Blocks

- Medically Undiagnosed Symptoms
- Dis-ease of the body
- Physical pain
- Repetitive patterns of illness
- Fatigue/Exhaustion
- Genetic disorders
- Palliative/spiritual transitioning
- Repeated injury to the same area
- Digestive imbalances
- Immunity issues
- Sexual dysfunction
- Fertility blockages
- Heart Dis-ease
- Degenerative disorders
- Insomnia
- Weight pattern issues
- Utero development/enhancement
- Birth preparation
- Learning blockages



and so much more...

Emotional Blocks

- Anxiety/stress
- PTSD/Trauma
- Sadness/Blues
- Self worth/confidence issues
- Eating disorders
- Self-harm issues
- Self-sabotaging behaviours
- Negative life pattern repetition
- Cycles of abuse
- Abundance blocks
- Addictions
- Sadness/Fear/Anger/Grief/Loss
- Unhealthy controlling tendencies
- Abandonment issues
- Negative mind-talk
- Criticism/Judgmental tendencies
- Unconscious limiting patterns of behaviour
- Boredom/apathy/lack of motivation

Who Can Journey® Work Help & How?

- Adults, Seniors, Adolescents, Children (ages 0-18 yrs) & non-verbal clients
- Can be administered in person via telephone or online

To Book Online Visit: www.therootofit.ca