

~ IT WORKS~



TIME TO BREAK THE  
OLD PATTERNS!

Are you looking to resolve conflict, hurts, anger, misunderstandings and unresolved situations with anyone? Believe it or not ...that person doesn't have to be present, or even alive. This Healing Session is called **"It Works"**

Are you stuck with feelings or behaving in a non-desirable way? Are you sabotaging yourself and repeating the same 'old patterns?' You can heal 30 and 40 years of unresolved conflict in one session. IT'S AMAZING!! This healing session will tap into years of accumulated pain that kept stacking and piling.

This method for connecting with and clearing at a deep emotional, energetic, cellular and morphogenetic level all traumas from the womb, birth process, childhood and life is quite possibly the most potent healing modality for this type of inner psychological and physical healing.

**"IT Works"** Technique is so seemingly integral to coming into full awareness and understanding of who each of us is as an individual and how we were shaped by past events, as well as clearing the blockages to the full manifestation of our divine potential.

**To forgive is to set a prisoner free and discover that the prisoner was you.**

~ Lewis B Smedes

Most of us carry around anger, resentment, jealousy, guilt or some other negative emotion directed to others and/or ourselves.

Some of these have been around for years, generations and lives; or perhaps directed towards someone who is no longer in your life.

All those negative emotions hang around our neck and weight us down in many ways.

Unless dealt with, these emotions broadly affect the quality of our life as well as the lives of those around us.

**Ask yourself these questions:**

- Is something holding me back from living my life mission or enjoying healthy relationships?
- Do I ever sabotage myself just when things start to go well?
- Are power struggles an issue in any area of my life?
- Where are these limiting feelings of guilt, fear and low self-esteem coming from?

- Why do I attract the same type of people and/or the same type of situations in certain areas of my life?

**BREAK THE PATTERNS! YOU CAN!!**

"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. *Break the CHAIN!*

**Forgiveness is the only way to dissolve that link and get free."~ Catherine Ponder**

*Let's move forward! Let's break multi-generational patterns!*

***Let's cut that negative emotional chain that binds you to your past!***

*It takes effort, resolution and a higher perspective of the Self to come to terms with forgiveness.*

***It Works!***

***BELIEVE HAVE FAITH "IT WORKS"!***

***~Blessings~***

***Lisa***

**[www.boostyourhealth.ca](http://www.boostyourhealth.ca)**

***~ This healing was created by Dr. Sharon Forrest~***