

Welcome to the next step in your Journey

A Healer is not someone you go to for healing. A Healer is someone who facilitates the awakening of the consciousness within you, *to heal yourself*. It is with deep gratitude that I thank you for putting your trust within me to facilitate the healing process within you. I applaud you for making the Choice to Change so let's enjoy the Journey of Growth!

Whether it is to heal or elevate your life, I welcome you with open arms. Working with you in eliminating negative thoughts, emotions and a limiting belief system is achieved by refocusing perspective and tapping into the unseen. As I guide you towards present moment awareness, such feelings as fear, anger, guilt and worry are transcended. This begins to diminish the ego based mindset while breaking free from old belief patterns of obstacles that have been holding you back. Get ready to Cleanse, Flow, Bloom into the new you!

Having an open mind with no expectations is a requirement for session work and retreats. It allows for a deeper sense of self without attachment, to break through into experiencing your true inner self. To surrender means to "let go" of all resistance; a present state of awareness without judgment. Surrender is a superior strength of power within us that ceases resistance, moves us into the flowstate and ultimately gains us freedom.

Through this transformational journey, an inspired life of living "on" purpose with passion is created. It is at this point the veil of illusion has been removed. A "knowing" that YOU are the intentional creator of your reality.

I welcome you to enter the portal where life shifts into a higher vibrational state of consciousness. Where there becomes a knowing that a higher Universal power is guiding us. As the way out is through, I welcome you in experiencing this ultimate Freedom!

I look forward to walking this Journey by your side!

With Love and Light, Sandra Catherine