



HERMETIC SELF HEALING

DEEPLY FEELING THROUGH AWARENESS IN AUTHENTICITY & CONNECTION

Hermetic therapy seeks to bring our awareness to our feelings and free **EXPRESSION** of all of them as we allow ourselves and others the space to feel to be able to heal.

Space holding in connection, focusing on all areas of the body/mind we can alleviate and clear suppression before it becomes embedded in the mind/body as dis-ease and draw awareness to the underlying emotional contributors that affect our wellbeing.

SOMATICS - MEDITATION - INTENTION - BREATHWORK - AWARENESS



Hermetic therapy weekly immersions aim to provide a space for deep inner and outer connection to allow you to become your most authentic self and in turn step out into any environment with the inner knowing and safety that you are honoured for who you are and have the freedom to express yourself wherever you go and the compassion and acceptance of others to do the same.

SOMATIC CONNECTION CLASS 1-1.5HRS

In this healing, safe and sacred space, we will all connect via facilitation of the space, one another, music and the collective frequencies to amplify our own and others around us.

WORKSHOPS IN CONNECTION 2-4HRS

We will get into connection together in circle anchoring within our bodies to centre and ground ourselves as we go into a guided meditation, deep breathwork and somatic movement with a different focus and intention each week. Ending as everyone lays comfortably, I will go around the room facilitating hands on energetic therapeutics wherever guided on your bodies, if comfortable or you may lay and feel the energy in connection.

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Tapping into unconditional authenticity, the highest vibrational frequency, especially in connection with others, creates more love and safety and amplifies that frequency to all.

CONNECTION - AUTHENTICITY - LOVE - WITNESSING - SAFELY TRUSTING



HELLO FROM VANESSA LEIGH

Vanessa Leigh

PSYCHOSOMATIC THERAPIST, HOLISTIC
COUNSELLOR
NATUROPATHIC CLINICIAN, ARTIST



As a trained Naturopathic Practitioner, Psychosomatic Therapist and Counsellor with a background in childcare, teaching, Graphic Design & Art, Vanessa brings extensive knowledge in mental health, holistic health, herbal medicine, counselling, creative therapies, interpersonal relationships and deeply lived experience to all the places she assists in allowing others to connect to their own innate ability to feel and heal.

Vanessa is a natural born space holder, channel for authenticity and an empathetic communicator and has dedicated her life to be of service to assist people to heal past trauma, uncover love and self belief and live their best and most authentic lives.

Vanessa is based in Melbourne, Australia but travels the world to gain greater knowledge and awareness and a deeper connection to people, cultures, nature and sacred sites and to offer her assistance wherever she is guided and needed.

Vanessa provides one on one sessions, individually tailored, group classes, workshops and transformative immersions for collaborative healing incorporating all modalities. Vanessa also loves to transform the depth of emotion and connection into the written word, music and art and sharing and celebrating freedom of expression through poetry, song writing, drawing and calligraphy.

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TRANSFORMATION

THERAPEUTICS



THERAPUETIC HEALING MODALITIES AND PRINCIPLES INCORPORATED

Somatic therapies focus on the connection between the mind and body and examine the ways in which emotions may manifest within the body. They engage the whole body while navigating thoughts, emotions, and memories, unlike traditional forms of therapy which focus only on engaging the mind. Somatic therapies can assist a variety of conditions such as trauma, stress, anxiety, depression, self-esteem, trust and intimacy issues, grief, loss, addiction and more which will be the mainstay of this therapeutic retreat.

Psychosomatic therapy, and holistic counselling look at how the mind affects the body and where trauma is stored, using emotional release trigger point therapy alongside body language, posture, physical ailment signals and their contributors, and explores and uncovers how we can be more in alignment and ease within our own bodies and minds and have a greater understanding of others

Naturopathic Medicine aims to treat the root causes within the body physically and emotionally using a combination therapies, nutritional and herbal medicines and support underpinned by scientific and experienced evidence.

Somatic movement including yoga and dance allows for a deeper healing through the body where trauma is stored.

All therapies aim to address the underlying emotional contributors to dis-ease and greatly change a person's life and continue to expand their personal development long after the initial treatment and not just provide a feel good in the moment experience but offer life changing results.

Hermetic Therapy is the umbrella term, and I will be using all studied knowledge as well as deeply lived and transformed experience, extensive interpersonal and individual work with clients, my background in childcare and therapy and my connection, belief and trust in my own and your own innate wisdom and guidance to provide a highly personal and deeply transformative real-world experience.



CONNECTION

EXPRESSION



COLLABORATIVE CONNECTION

The essence of group therapeutic connections reveals itself as a powerful force that transcends casual relationships. Joining together with a shared purpose, the journey takes on a deeper meaning, weaving together individual narratives into a collective tapestry of discovery. Deep and vulnerable bonds create a harmonious energy that amplifies and goes beyond the overall individual healing experience.

Group therapeutic connections enable us to experience being vulnerable, courageous and authentic in a safe and mutually beneficial environment. Allowing us to bravely continue and maintain the uncovering of our true and authentic selves as we reintegrate back into our everyday lives feeling supported.

TESTIMONIALS

Wow what a transformative space in such beautiful connection with others. One of the most amazingly peaceful and authentic spaces I've been in and what a class. I felt so at ease to just be me and so accepting of everyone else too. It was so good to be with like-minded people all connecting and feel so held by you, thank you! - Chelsea

Vanessa is absolutely amazing & I am so blessed that we have crossed paths. Vanessa is very passionate & genuinely takes the time to listen, care & connect. Every time I visit Vanessa, I come out feeling cleansed & taken to another level of understanding, clarity & healing. Vanessa's empathy is next level & truly heartwarming. Thank you Vanessa for your love, support & guidance - Olivia L

Well where do I begin with this incredible WOMAN. I knew I would meet Vanessa, from the moment I heard about the work she does. A few months later I was at a point in my journey when I knew I needed support, and my soul knew it was time to meet her. I booked in my first session with her and wow, my mind was blown but most importantly I felt so held and so seen. Vanessa helped me in ways I can't even begin to describe. I remember the deep emotions, and she helped activate the wisdom that had been lying dormant inside my body and just always believed in me and could see the woman I came here to be and she reminded me of my love and power it's been a beautiful domino effect of expansion, releasing and love like never before.

One word for this lady "amazing" Vanessa is extremely passionate and skilled. I remember my first appointment and I immediately felt someone was listening and genuinely cared. We have built a beautiful client /clinician relationship. Her knowledge and empathy is natural and free flowing. Vanessa is the true definition of an Angel - Jen

Thank you so much for all the information and space you held! I cant even describe how I felt after our session! You are one of the first therapists that I have ever seen who I felt truly cared and wasn't time watching! I also really appreciate all the work you have done outside of our session for me as well and I would love to leave a review. JL

I just had to say, I can't stop crying happy tears. I am in love with everyone, friends, family and acquaintances. I only want to hear their stories and have no offer than my understanding that we are all in this life together! Thank you for your support, your beautiful energy and wisdom which is so valuable to me and others and i am so happy to be on this journey alive! LR

Not long after my first session with Ness, the opportunity to travel to Mt.Shasta came forth and the trip was one like no other. True authenticity, open hearts, and oneness. Ness is a force of love to be reckoned with. I honestly don't know how she does it!. Her ability to hold herself and us all, while channeling, organising 9 women, doing hands on healing, and calling us forward with love to be the best versions of ourselves; I'll be forever grateful to her, and all the incredible light she has brought to my life and the planet for us and generations to come. The work she is doing is so incredibly important and special and I am SO excited for all the people who get to walk alongside her and be guided by her wisdom. Love you Ness x - Cassie