

**YOU ARE
VALUABLE,
WORTHY AND
LOVED**

You are already magical, just the
way you are

Vjera Furman is a creative director and soul stitched fashion designer, Croatian born, London and Paris educated in specialization in couture embroidery.

Based in Tel Aviv, she also works as a Sacred Embroidery workshop facilitator. She is a mindfulness and meditation coach, and Spiritual Wellness Practitioner.

Vjera is deeply curious and constantly learning about the sacred connection of our Body as a tool of communication between our Soul and the Mind.

She works with clients as a support system, sharing tool and techniques that allows them to start conscious living immersed in Love and Light for themselves and others.

Forever falling more and more in love with the women and their Wholeness within.



3 sessions plan:

- **Pre-meeting gentle awareness awakening:**
 - before we meet, I send you a pre-homework, so before we meet, you had time to drop inside your body-
 - 5 days before we meet, I ask you to take a few minutes every day and write 5 things you are grateful for
 - It can be people in your life, experiences, parts of yourself, items in your house, flowers on the way to work, 10 min of silence in the car- there is no wrong or not good enough answer
- **#1 session**
 - Welcome meditation
 - Kind listening- why are you here, going over core beliefs
 - “*I love me/ I love me not* ” written exercise establishing Higher Self and Shadow identities
 - *Referaming Self Talk* from a place of self love - remembering how it feels like to be kind to yourself
 - Chakra reading- seeing how the energy flows and which glands might need rebalancing
 - Choosing one core belief based on the first part of the session and reframing the attitudes that don’t serve your Higher Self- the Core of you. The woman that you know lives inside you and deserves to be allowed safe and loved

You owe yourself the
same love you so
freely give to others



Once the first session is over , we will be able to point out which emotion feels heaviest and the work at home will be given.

After each session, you will get notes, with all we discussed, and notes on how to approach them.

You are your own healer- I can be your support system as we go over tools and techniques that will work for you.

The more we work on self acceptance, self love, and forgiveness, you will start feeling a new way of going around your day to day life.

The goal of the sessions is to empower you to be able to be handle your everyday with more grace and less strength.

You will be in power. Not in control.

You are trying to be in control, but life is uncontrollable. But you try and try and try to stay in control. Only to feel exhausted, always feeling like you are failing or need to do more.

Learn to be in power.

Session #2

- welcome check- chakras reading to see how the new mindset is affecting the flow of life energy
- Guided visualization exercise of “*what if it turns out ok*”
- Core beliefs exercise reframing
- *Permission levels* exercise (learning why you only allow yourself certain level of joy, certain level of feeling calm, and the subconscious stories that keep us stuck here)

In between sessions-

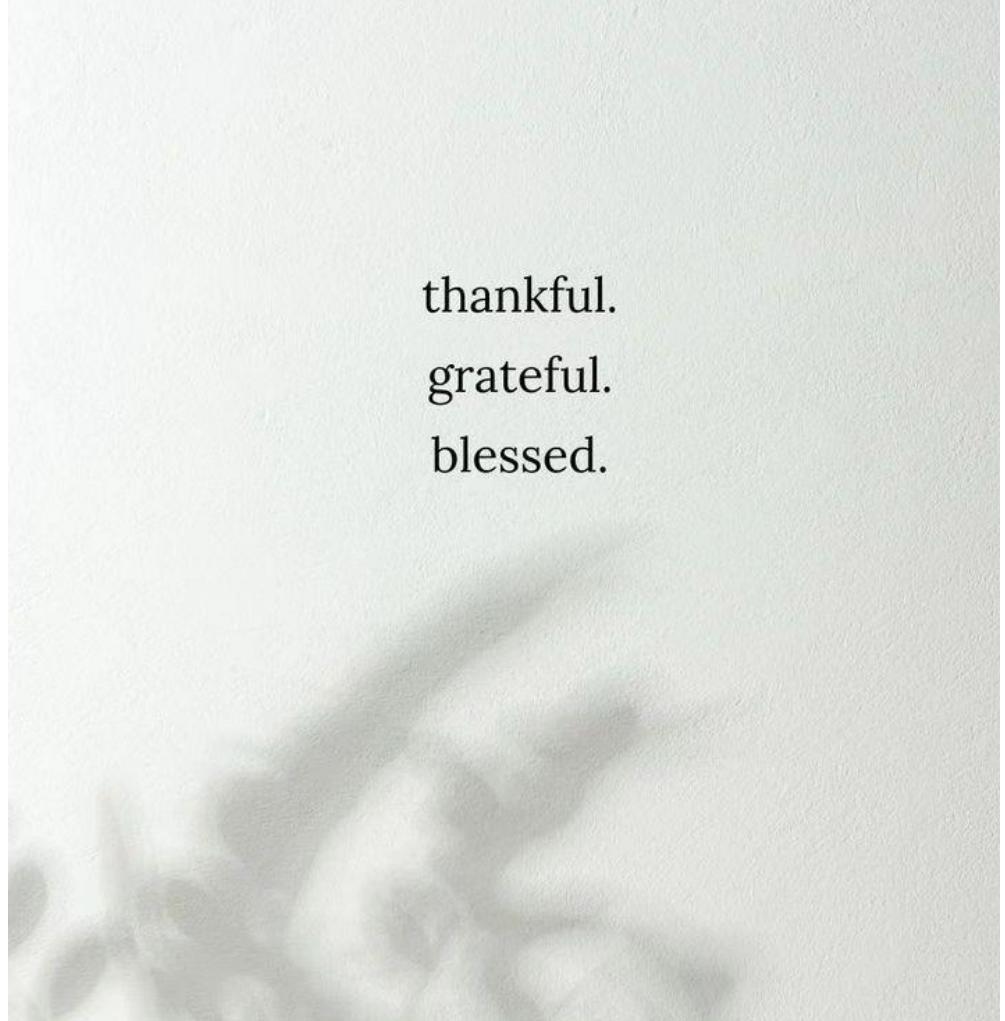
- self work, new habits adoption
 - I am available 24/7 for any new feeling, thought
- I check with you twice a week to see how homework is going-might ask to send it to me (depends on how easy you find it to stay devoted to the process)

Session #3

- Welcome check
- *Imagination visualization* meditation –planning how LIFE will feel in the next 3 months- and then connecting the desired feelings with desired necessary behaviour/ thoughts
- *Self talk examination* (this will come from the previous self work you get)
- Chakra rebalancing and hands on energy healing

A radical act of
self love is allowing
yourself to rest.

The world can wait.



thankful.
grateful.
blessed.

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