7 steps back to you

Seeing the world from the eyes of your heart.

Discover how a 14 week journey with me can create deep and lasting change in your life with my 7 steps back to you program.

Over the 7 fortnightly sessions we will move towards creating clarity and balance as we discover how living from the heart can give you a clear vision for the future.

Blocks and limiting patterns that are not serving you are cleared during the dynamic sessions as we move towards living a centred and balanced life from the heart.

Each healing will involve an in-depth clearing of your energetic system on a physical, spiritual, mental and emotional level. We will remove blocks in all areas of your life via the 7 chakras bringing back into balance the following:

Base: Grounding, finances and feeling secure.

Sacral: Flow, balance and being in control.

Solar Plexus: Confidence and shining.

Heart: Love, heart and relationships.

Throat: Communication and expression.

3rd Eye: Intuition and perception, how we see the world.

Crown: Our spiritual and universal connection.

Over the 3 months the space is held for you to have change, healing and growth on many different levels. Completing sessions in this energy creates a much deeper healing than my regular sessions.

I am about making you ‘show up’ in your life and with this package you will do just that!

I look forward to working with you.

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Balance and healing package.

$1,695.00