

HEARTPATH CENTER

Holistic Healing for Whole Living



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Everyone longs to live a more authentic and satisfying life where there is an abundance of happiness, good health and the opportunity to maximize your soul's potential in your own unique expression of Self. Discovering and learning to navigate your true heartpath provides you with a personal sense of direction and purpose, and many opportunities for personal and spiritual growth along the way. Even if your life is flowing along especially well (good for you!), oftentimes there are areas that can be further developed and expanded upon, or ones that have been on the back burner awaiting your time and devoted attention.

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HeartPath's 60- and 90-minute heart-centered healing sessions are offered in an open, safe, supportive and interactive environment. The results can be life-changing and transformative, helping you with concerns such as:

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- *Balancing body, emotions, mind and spirit*
- *Embracing what is RIGHT about you*
- *Making successful life transitions*
- *Empowering your life's vision, purpose and work*
- *Awakening the unified heart*
- *Reducing stress and anxiety and promoting relaxation*
- *Changing addictive patterns and behaviors*
- *Dealing with grief and loss*
- *Facing chronic or terminal illness*
- *Healing relationships*
- *Clearing traumatic patterning in the cellular memory and DNA*
- *Connecting to your higher self and your inner guidance*
- *Working with your guides, angels and the masters*
- *Making the right nutritional choices for your unique profile*
- *Making and maintaining lifestyle choices that promote wellness*
- *And more!*

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"We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present."

*- Marianne Williamson
A Return to Love*

"Oh the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are -- chaff and grain together -- certain that a faithful hand will take and sift them, keep what is worth keeping, and with the breath of kindness blow the rest away."

-Dinah Mulock

Healing Approaches

A variety of counseling techniques and holistic healing methods are used to stimulate gentle, yet powerful healing at the physical, emotional, mental and spiritual levels, while encouraging and empowering you to find your own answers within. Sessions include the perfect combination of the following approaches and energy healing systems based on your individual needs, readiness and preference. That which will evoke the fullest experience of Self is the method sought:

Spiritual Counseling – Be supported in the creative process of self-discovery, in learning to find your inner source, and in clarifying who you are and what gives meaning to your heartpath. Awaken to your unique gifts and soul purpose, and take charge of your life. Counseling is integrated into all sessions.

Angel Therapy and Readings – Your angels are calling you! Ask the angels to support your healing and bring special insights and guidance about your heartpath. Angel Therapy is a nondenominational spiritual healing method taught by Doreen Virtue, PhD (www.angeltherapy.com) that involves working with your guardian angels and archangels to heal and harmonize every aspect of your life. Angel Therapy helps you to more clearly

receive messages from your angels who are called upon to provide guidance and support for bringing your physical, emotional, mental and spiritual natures into greater health, balance, harmony and well-being, as well as for planetary and universal healing purposes. As divine messengers and intermediaries, angels carry your heartfelt prayers to the source, and also bring you divine prescriptions in response to your needs that if followed can effect tremendous healing in your life. Angel Therapy can include specific guidance, as well as the use of various methods of healing that are suggested in the moment by the angels which are then brought into the session.

Angel Therapy is often integrated into and is made a part of most healing sessions as may be appropriate, yet it may also be received as a standalone session on request. Here there are two ways to approach such a session. The first is using a *regular healing session format* to which you bring a particular concern as your healing intention. This becomes the focus of the session which then includes Angel Therapy types of support and guidance from your healing angels.

The second approach is through receiving an *Angel Reading* session which is completed in a question and answer format, where you ask questions about areas of your life that you wish to heal and know more about. The session offers intuitive guidance received from the angels, Angel Therapy as is called for, plus the use of one or more of Doreen's angel oracle card decks to support the process.

For an Angel Reading, it is helpful to have prepared ahead of time two or three specific questions about which you are seeking spiritual guidance. They can be about any topic of interest to you. You will receive the most value if you form your questions in a manner that encourages an in-depth answer rather than a simple yes or no, as the angels will not tell you what to do. Rather, they will provide loving guidance from a soul level that shows you options and choices and encourages you to reach for and achieve your highest potential in any situation in which you find yourself.

Energy Healing – Several types of this leading-edge healing art are offered at HeartPath, which are often integrated together during a healing session with many positive results. Follow this link to [Energy Healing](#) for more information on the benefits of energy healing and each of the several energy healing methods and systems that are available for healing session, and which are listed here alphabetically. Classes are also offered in most of the following:

- *Blue Star Celestial Energy*
- *Heart and Soul Healing™ (sessions only)*
- *Integrated Energy Therapy® (IET)*
- *Karuna Reiki®*
- *Lightarian™ AngelLinks: Rose Aura, Michael, Gabriel, Uriel, Raphael*
- *Lightarian™ Clearing Program (6 phases)*
- *Lightarian™ Rays: Empowerment, Clearing, Healing, Activation, Manifestation, Source*
- *Lightarian™ Reiki*
- *Lightbody & Sacred Geometry Activation Series (sessions only)*
- *Reconnective Healing® and The Reconnection® (sessions only)*
- *Reiki: Traditional Usui, Tibetan and Contemporary*
- *Sekhem-Seichim-Reiki (SSR), SKHM, Sekhem & Others*
- *Shamballa Multidimensional Healing*

Mentoring – Receive expert coaching and guidance on a wide variety of practitioner and teacher concerns. Follow this link to [Mentoring](#) for more information about the program and its sessions.

Nutritional Therapy – This service provides assessment and guidance in making sound nutritional choices and lifestyle changes, including appropriate supplementation. Follow this link to [Nutritional Therapy](#) for more information about these sessions.

Sound Healing/Soul Songs – Sound healing is integrated into most sessions, providing profound levels of transformational support. When used consciously and intentionally, the human voice is one of the most incredible healing tools that we have at our disposal. Coupled with guidance, I invite whatever sounds that are needed by you to emerge through my voice. These sounds are cleansing, nurturing, harmonizing, soothing and comforting, and are sometimes expressed in the form of syllables and words suggestive of a native tongue, or an ancient or foreign language. This language is recognized by your energy system at many levels as being highly beneficial. Soul songs often emerge that are your soul singing to you through my voice. These soul songs open your heart and reconnect and bridge you to parts of your soul that you may have lost touch with, or that are now ready to emerge as part of your spiritual growth. Sound support may also be provided through playing crystal bowls and tuning forks.

Stress Reduction through the Use of the Freeze-Framer® Learning System – The Freeze-Framer® Learning System is an easy-to-use computerized learning system and patented heart rhythm monitor that is designed to prevent, manage and reverse the

negative effects of stress, and to enable users to learn how to operate their mind-body-heart as a unified system, achieving new levels of health and well-being. You can watch in real time how thoughts and emotions affect your heart and autonomic nervous system, and can objectively monitor your heart rhythms and confirm when you have achieved balance. It is like a mirror of your emotional state, and the real-time feedback enables you to more effectively manage your levels of stress and negative emotions.

You will learn how to shift intentionally to a positive emotional state and will be able to see the changes in your heart rhythms in real time. These shifts in your heart rhythms create a favorable cascade of neural, hormonal and biochemical events that benefit the entire body and mind. Blood pressure drops. Stress hormones plummet. The immune system pumps up. Anti-aging hormones increase. You gain clarity, calmness and control. The effects are both immediate and long lasting.

The Freeze-Framer® Learning System is an educational tool for practicing ways of achieving stress reduction and optimal harmony of the emotions, mind and body. Its technology was developed by Doc Childre based on research conducted by the Institute of HeartMath in Boulder Creek, California.

To view a 2005 KOMO-TV (Seattle) broadcast piece about the Freeze-Framer®, go to www.komotv.com/news/qtmovie.asp?ID=40478.

The Freeze-Framer® Learning System is available by appointment at HeartPath free of charge. You may also purchase the software for home use.

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Frequently Asked Questions

Q: How do I make an appointment for a session?

Sessions are offered by appointment at a mutually convenient time. Some evening and weekend hours are available subject to my teaching and travel schedule. For telephone and remote sessions, differences in time zones must be taken into account. I am on the west coast of the USA in the Pacific Time zone. Please phone or email for purposes of arranging an appointment. If, for any reason, you cannot make your appointment time and/or need to reschedule, please give enough notice so that another person may have your time slot.

Q: How do I choose the healing approaches that best fit my needs?

Several approaches to healing are available at HeartPath because every person is unique and has needs that are specific to their own life situation and their reasons for seeking assistance. Sometimes you know by what you feel most attracted towards or by a feeling in your heart and body that says yes or no, or through a source of inner knowing. At other times, the choice is not as clear. I am available to discuss the options with you, to answer your questions and to help you clarify the best way for us to work together.

Q: How many healing sessions will I need, and how often should I come for a session?

The recommended number of healing sessions varies, and depends on the specifics of why you are coming in the first place. Some concerns are very easily and quickly dealt with, while others need consistent and focused attention over a longer period of time. When you first come to HeartPath, we will discuss your situation, and after working with you for at least one session, I will be better able to suggest a recommended course of action. In general, having at least three or four sessions allows for a cumulative effect that deepens over time with the number of sessions that you have. If considered desirable, additional sessions may be suggested based on your progress to date. Most often, sessions are spaced two to three weeks apart to allow for consistency between the sessions, yet other time intervals may also be helpful depending on your situation. This answer does not apply to mentoring or nutritional therapy sessions as they have different parameters to take into consideration.

Q: How is an in-person energy healing session conducted?

These sessions usually begin with some kind of a verbal exchange in order to discover the purpose of the session. This is then followed by the energy work portion of the session where you lie down on a massage table fully clothed. Soft music is played that helps with relaxation, and the session proceeds from this point driven by your healing intention. During this time, there may be some continuing verbal exchange, as well as sound healing with my

voice, angel therapy, and whatever other methods as may best be suited to the moment. The outcome is always in answer to your healing intention, and no two sessions are ever alike.

Q: How are telephone and remote sessions conducted? Are distance and remote sessions as effective as in-person sessions?

It is always my preference to work with you in person, however, this is not always possible. Over the course of the last 25 years, I have worked with thousands of people from a distance, and to the best of my knowledge, all were served well and received the same benefits from the healing work. The transmission of healing energy is not affected by distance; the intention to give and receive is all that is necessary for miracles to take place!

Telephone sessions are where you call me at the appointed time, and we go through the same process that we would if we were in person. I include describing to you what is happening from my perspective, and you add to this exchange as well. If you have a speakerphone available, this can be helpful, and during the session you would either lie or sit down according to your preference.

Some people prefer remote sessions which are scheduled at a mutually convenient time, yet we do not speak on the phone during such a session. Rather, you are meditating according to your favorite style while the healing work is being done, and then we follow up afterwards by phone and/or email to discuss the results from both perspectives.

Q: Can Angel Readings be done by telephone or email?

Yes they can. Please contact me for details, plus see the section above titled "Angel Therapy and Readings" for more information.

Q: Why do you use so many energy healing methods and systems? Isn't energy just energy?

Several methods and systems are made available for sessions because ultimately, it has been my experience that all of these systems tap into one and the same universal healing energy stream which originates from the Source, by whatever name you give to this Source. Each of the systems grounds varying frequencies of this infinite energy stream which, when brought together, bring consciousness of and access to an ever-expanding number of facets of the whole that can then be applied for a variety of healing purposes. I often conceptualize this energy stream as a universal diamond that has an infinite number of facets. During healing sessions, all of the energies and techniques from these systems are integrated into a unified whole, which allows for the perfect combination to emerge based on your needs, readiness and preference.

Q: Can you teach me how to do energy healing and some of the other healing approaches that you offer?

Yes, HeartPath offers classes in most of the healing approaches that are available, both for helping others and for self-healing. Follow this link to [Classes](#) for more information on practitioner and teacher certification workshops, some of which provide CEU credits for massage therapists. Workshops on many topics of interest are also offered, and I am also available for speaking engagements in the community.

Payment

Cash, checks, money orders and all major credit cards are accepted. Payment may also be made using www.paypal.com, which if used will incur an additional administrative charge to cover the fees for use of their service. Full payment is due at the time of service for in-person sessions, unless a payment plan has been arranged prior to the session. All telephone and remote sessions must be paid in advance unless other arrangements have been made. All fees are to be paid in US dollars and are subject to change without notice. Please inquire for more details.

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PLEASE NOTE: Please continue to follow the recommendations of your healthcare providers as the offerings provided at HeartPath complement rather than substitute for medical and psychological care. If you are seeking such services, please contact your state's medical or psychological board for a referral.

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