



A Deep Dive Healing Journey

A Healing Manifesto

Hello Mama!

By agreeing to this manifesto you are taking a huge step forward in your healing journey. We live in a society that highlights the 'expert' as someone or something outside of ourselves. We are taught that the expert holds the power to heal us, and therefore, healing is something we seek *from* someone else. **When we place our power and belief in another, we lose connection with our *healer within*.**

My role as a transformational coach and therapist is to **help you re-connect to this healer within**; to witness your process; to hold your emotions with compassion; and to offer unwavering presence and a belief in your capacity to *find your way*.

I, Jennifer, hold a belief that you (the client):

- Have a powerful *healer within*
- Are in charge of your healing journey
- Are in charge of *your unique* process
- Are in control of the flow of your experience
- Have all the answers *within*
- Can know your deepest calling, your hearts longing, and your bodies knowing
- Know yourself better than anyone else
- Are responsible for cultivating emotional and physical safety (and if you need help learning how to keep yourself emotional safe, you will ask)

- Can give yourself permission to set boundaries
- Have a wise compassionate *witness within* that holds you and your process
- Holds many inner parts that are all welcome and received with love

It is normal to look outside of oneself to be 'fixed' or 'to feel better'. This is the message we have received. We were all told: *If you are sick, go to a Doctor* . So, of course if we are 'soul sick' we seek professional care and advice. We want an expert to tell us what is wrong with us.

And yet, when we truly listen to our inner 'knowing' voice, we already know the answer. It is not that we '*do not know*' what is wrong with our hearts and souls, but rather, that we do not want to *believe* the information. **Much of our work together is about reconnecting to your 'inner knowing voice' and learning to trust in this knowledge** . We have lost our way, collectively.

And, the role of the transformational coach and/or soulfully inspired therapist, is to help you '*find your way*' again.

You are the healer; you *can* heal your heart and soul.

As a midwife for the soul, I will walk alongside this journey with you and help you navigate the deep waters so you can give birth to your true nature that lies deep within YOU.

If you align with this manifesto, I welcome our time together. Let us begin this journey.

Signature:

Date: