In this video, I am explaining how resistance to healing or fear of vulnerability and change may show up for you as we work together. I am also sharing strategies on how to overcome it.

Resistance to healing is real. The good news is it is a part of your healing process. In fact, the bigger the resistance, the greater your potential find relief, expansion and growth through our work together. There are ways to support your nervous system as you go through a deeper healing journey. It is your responsibility to calm down your nervous system and take care of your container (your body) while we work together.

The meditation I am sharing below is a great resource to help you become present to all the physical and emotional waves that rise up during a healing journey. Practicing it daily will help you with letting go of your resistance and releasing any judgement, labeling or fear related to your healing.

Download ALLOWING LIFE TO FLOW EFT TAPPING MEDITATION here

FIND OUT MORE AND SCHEDULE YOUR HEALING SESSION HERE