



Guiding Light Consultation

A Guiding Light Consultation is NOT therapy and I am not a therapist or physician. Please contact a licensed therapist or physician if you are struggling with severe psychological challenges or health issues requiring medical attention. If you need help finding a licensed professional, please email me and I will do my best to find a referral for you.

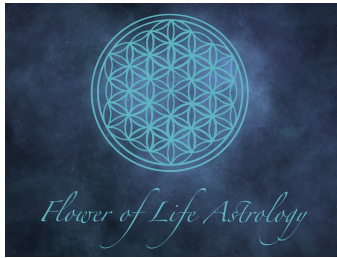
So what is a Guiding Light Consultation? This consultation focuses on guiding you back to yourself. I believe you already have all the resources needed to transform your life and therefore making a commitment to show up for yourself is really all that is required. That step alone will allow the opportunity to shine a light on the unconscious patterns playing in the background!

When you make this commitment to yourself, we can use the modalities described below to release limiting beliefs, old ideas, stories and negative emotions running the show. Your body naturally wants to heal and your unconscious mind is your friend, so I focus my energy and presence on infusing our time together with the highest and purest healing energy while we work with the unconscious mind to change these programs that no longer serve you.

Why do we work with the unconscious mind? If we could change our behaviors consciously, I think we would. Numerous cognitive studies have shown that at least 88% of our cognitive actions (decisions, emotions, actions and behaviors) are generated from our unconscious mind. This means, whatever issue you are facing, that you have long tried to change, you can bet there is a deep, unconscious program running that issue. If we look at our unconscious mind as our friend and recognize that it developed these cognitive actions to help us (and sometimes to protect us) then we can work with the unconscious mind to shift the patterns.

In this process you may gain some deep epiphanies and distinct aha moments, but our focus won't be on better understanding yourself or asking "why" questions. What you will be doing is identifying a desired outcome or behavior and from there we will work with the unconscious mind to locate all the inner resources needed for achieving that goal. The unconscious mind will work in the background to replace the old, worn out patterns with a more positive approach and when we combine this work with energy healing you will undoubtedly achieve your highest potential. This work ultimately leads you to a higher state of consciousness and awareness allowing you to live a more full and free life. You CAN create the life you want NOW!

Angie is certified in Channeled Light Healing™, Reiki, Hypnotherapy, NLP, Time Line Therapy™ and Health Coaching.



Guiding Light Consultation Modalities

Channeled Light Healing™ & Reiki

Stagnant and stored energy in the body can oftentimes result in discomfort, physical pain, serious disease, illness, etc. CLH™ and Reiki help move the stagnant energy through the body creating a more balanced state of flow and an overall sense of wellbeing. These modalities can also help process past experiences without having to relive the events. It is also wonderful for shifting out of lower states of consciousness/frequency, especially when used in conjunction with other modalities such as, hypnosis, NLP and Timeline Therapy™.

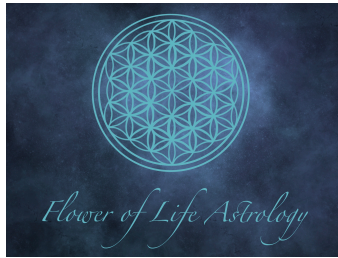
CLH™ and Reiki are similar in that they are both considered energy healing modalities. While Reiki practitioners are attuned to a specific channel of healing energy provided through a lineage of teachers, CLH™ practitioners are not bound by a specified lineage. Instead, they are trained to work from a place of heart-brain coherence which gives them access to the highest and purest channel of light (i.e. healing energy) possible. The practitioner and client have an aligned intention and the healing session becomes a co-creative process allowing for the highest and most benevolent outcome. The practitioner is merely the catalyst for activating and accelerating a client's natural healing ability.

CLH™ was developed by Alyssa Malehorn, a multidimensional healer and teacher.

Hypnosis

Hypnosis is a unique state of consciousness accessed through trance. Trance allows you to enter a relaxed meditative state that quiets the conscious thinking and inner self dialogue. It is in this state that a person can make lasting positive changes in their life and at times experience instant healing.

It is important to note that while you are in this calm, comfortable, relaxed state you still have complete control of your conscious state. You can come out of hypnosis at any time you choose. Some say it is similar to being extremely focused on a specific task while not noticing anything going on around you. Even though you are deeply focused, you still have the awareness and ability to break this focus at any time. This a powerful tool for transformation, especially when combined with other modalities, such as energy work, NLP and Time Line Therapy™.



Neurolinguistic Programming (NLP) & Time Line Therapy™

NLP uses questioning, visualization and a change in perspective to dive into the root cause of an issue and shift unwanted behaviors.

Time Line Therapy™ utilizes your personal “time line” to release the effects of limiting beliefs and “inappropriate” negative emotions arising from past experiences. It can also be used to set and achieve your goals and outcomes.

These techniques can be used in combination with Hypnosis and energy healing making it an extremely effective tool for personal transformation. It brings about changes in “inappropriate” programming in minutes rather than days, months or years.

Holistic Health Guidance

A holistic approach is taken when providing health guidance for weight loss and for those wanting to improve their overall health and well being. Together we explore all areas of life, not just food and exercise. What I’ve discovered is an imbalance or lack of fulfillment in other areas of life can and will impact food choices and motivation for exercise. This imbalance results in disharmony and dis-ease in the body so when given the right support and half the chance, our bodies will naturally strive for balance and good health.

We will use IIN’s (Institute for Integrative Nutrition) “Circle of Life” graph (depicted in the image below) to identify the areas of your life that are out of balance. With this information I will guide you through a process that allows you to determine attainable goals for yourself. A 6 month commitment may be needed to reach your health goals, but if we combine the other healing modalities listed above, we can oftentimes make progress in a shorter amount of time. This is a journey of self discovery, a journey back to You and living your highest potential.

