

Sept. 19<sup>th</sup> , 2019 Webinar 12 to 1 pm EST

Support during a life transition

Dr. Mary Jo Bulbrook, RN, CEMP/S/I, HTCP, HTP/I



# Transition Holistic Care & Resiliency

Thursday 7 to 8 pm Eastern

# Spiral Walk Journey



Support during a life-transition

# Purpose

## Transition Holistic Care

Support during a life transition

### DYNAMICS

- Worry and stress
- Fear and anxiety
- Sadness, grief, loss, guilt
- Anger, resentment, hurt
- Lack of joy and love

- Depression
- Empty nest
- Marriage

### STAGES

- Birth
- Childhood
- Adolescence
- Adulthood
- Aging
- End of life

### SIGNIFICANT EVENTS

- Illness diagnosis
- Job or income loss
- Near death experience
- Relocation



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# Today's Agenda

- Types of transitions & impact includes life's dynamics, stages and significant events
- Your transition story
- Define your goal
- Full energetic assessment
- Interventions to promote healing and resolution
- Post evaluation

# Messages for Today

## Being Present

“It is time for you to be fully present. To capture the Divine Spirit within and then share it without for all to experience YOU, your life and Divine Inspiration”. May 23<sup>rd</sup>, 2019

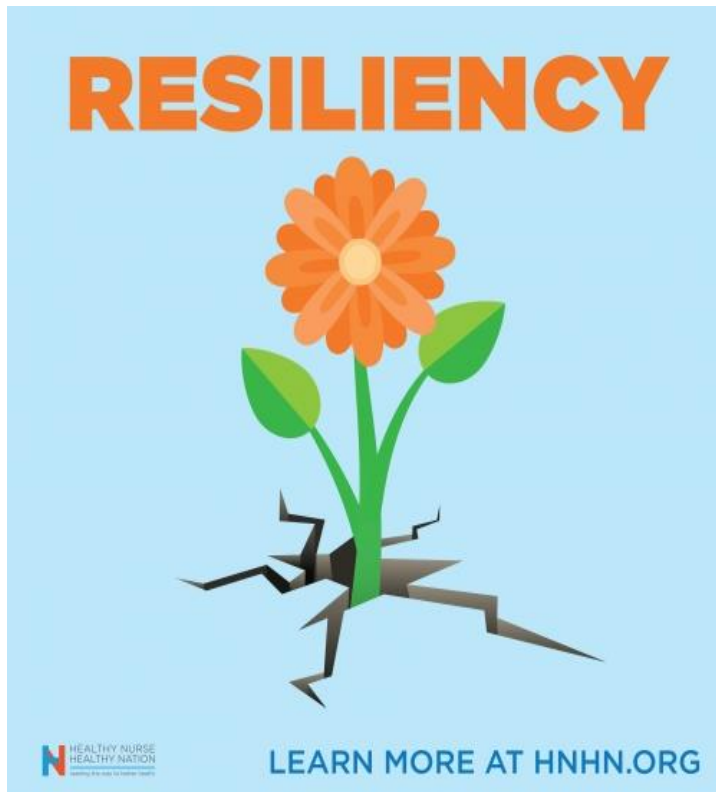
## Inner Journey

All of the stresses of life that are causing you pain need to be let go. Align yourself with the goodness of life rather than the darkness of life. Uplift your soul daily rather than burdening your life with darkness. Rain is needed to bring forth the flowers of life and the fruits to feed us. All rain in life supports your walking path of love and light. Sept. 19<sup>th</sup>, 2019



# How can you withstand the pressure?

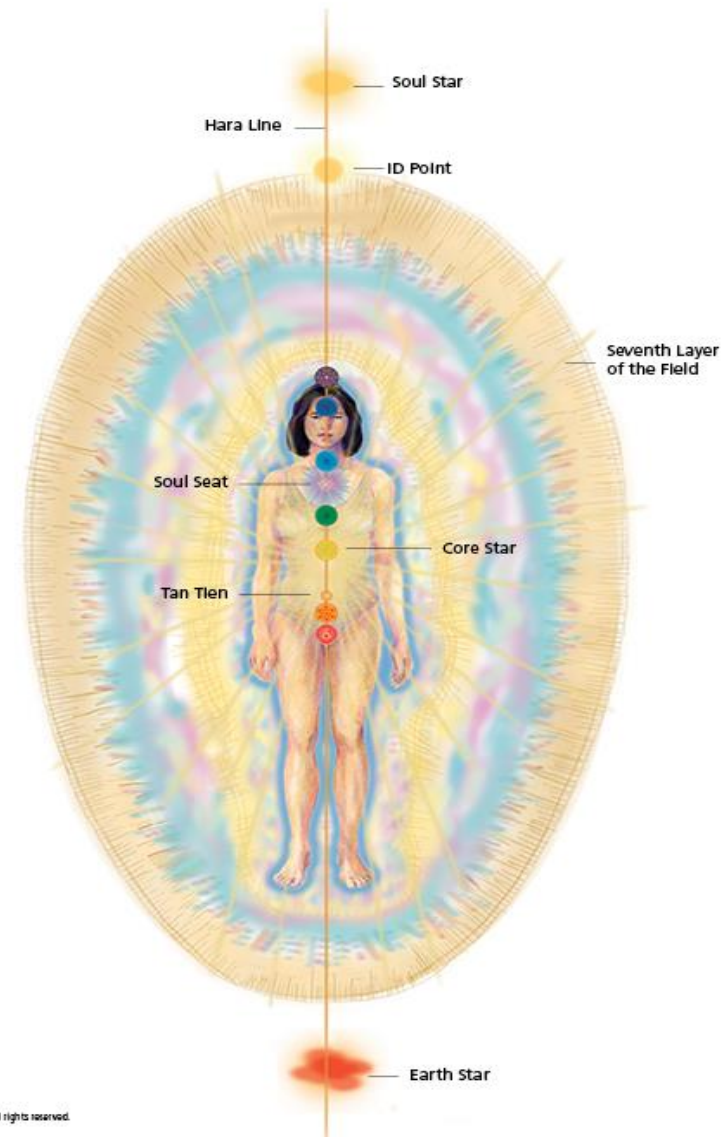
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# Energetic Assessment

## Pre – Assessment

- Energy Centers
- Energy Field
- Energy Tracts
- Central Power Current
- Core Star
- Interfering Energies
- Fragmented Energy



# Transform Your Life Interventions

- Moving, Sending, Clearing Energy
- Energy Field Drain & Replenishment
- Inner Core Balance
- Heart Attunement & Cutting Cords
- Infinity Balance
- Removing Unwanted Energies & Recalling Fragmented Energies
- Blessings with Light & Love



# Contact

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