

5D Transformative Breathwork & Holy Spirit Healing Program

Program overview

A powerful 4-week healing container designed to guide you through deep trauma release, energetic alignment, and spiritual awakening. This transformative experience combines advanced Breathwork techniques with Holy Spirit energy healing to activate higher states of consciousness, emotional liberation, and profound inner peace. Each week includes a 1-hour live Breathwork and healing session, integrating multidimensional healing and personal empowerment.

Who Is This For?

- Individuals seeking deep emotional and spiritual healing.
- Those feeling stuck in patterns of trauma, anxiety, or emotional blockages.
- Anyone ready to activate their higher self and embody 5D consciousness.
- Lightworkers and spiritual seekers wanting to deepen their connection to divine energy.

Program Structure

Week 1: Foundation of Healing & Energetic Alignment

- **Intention Setting:** Clarify your healing intentions and personal transformation goals.
- **Introduction to 5D Consciousness:** Understanding the energetic shifts and accessing higher frequencies.
- **Breathwork Session:** Grounding and nervous system regulation for safety and stability.
- **Holy Spirit Energy Healing:** Clearing lower vibrations and inviting divine light.
- **Reflection & Integration:** Journaling prompts for emotional release and insights.

Week 2: Releasing Trauma & Emotional Blockages

- **Understanding Trauma in the Energy Body:** How emotional wounds store in the physical and energetic fields.
- **Breathwork Session:** Deep trauma release and emotional detoxification.
- **Holy Spirit Healing Activation:** Restoring soul fragments and releasing ancestral patterns.
- **Integration Practice:** Self-compassion exercises and energetic protection techniques.

Week 3: Heart Expansion & Inner Empowerment

- **Opening the Heart Space:** Cultivating self-love, forgiveness, and connection to divine wisdom.
- **Breathwork Session:** Expanding the heart chakra and releasing grief and unworthiness.
- **Holy Spirit Infusion:** Receiving divine love, grace, and spiritual gifts.
- **Integration Practice:** Heart-centered affirmations and grounding rituals.

Week 4: Embodying Your 5D Self & Spiritual Activation

- **Anchoring 5D Frequencies:** Integrating higher consciousness into daily life.
- **Breathwork Session:** Activating your soul mission and spiritual gifts.
- **Holy Spirit Activation:** Sealing in healing and blessing your path forward.
- **Final Integration:** Personalized guidance and next steps for continued spiritual growth.

Inclusions

- 4 x 1-Hour Live Breathwork & Holy Spirit Healing Sessions (Weekly)
- Guided Meditations & Breathwork Recordings for Home Practice
- Personalized Energy Healing Insights & Integration Tools
- Journaling Prompts & Reflection Exercises
- Ongoing Support & Community Connection

Outcome

B R E A T H C O N N E C T I O N

By the end of this 4-week journey, you will experience deeper emotional freedom, energetic alignment, and an expanded connection to the Holy Spirit and your 5D self. This program empowers you to release trauma, embody higher consciousness, and walk forward with clarity, peace, and purpose.

5D Breathwork + Somatic Bodywork: The Ultimate Healing Experience

Program overview

Elevate your breathwork journey by combining immersive 5D audio with somatic bodywork—a powerful fusion that releases stored tension, regulates your nervous system, and reconnects you to your body's wisdom.

Why 5D Breathwork + Somatic Bodywork?

Deeper Emotional Release – Breathe beyond the mind and release trapped emotions through intentional body-based practices.

Nervous System Reset – Restore balance with breath and gentle somatic techniques that calm and regulate your system.

Sensory Immersion – High-fidelity 5D audio, binaural beats, and guided somatic cues elevate your experience for profound healing.

Embodiment & Awareness – Reconnect with your body through breath, movement, and self-touch to foster a sense of wholeness.

Lasting Integration – Anchor insights with grounding practices that bring clarity and emotional freedom.

What to Expect:

Immersive Sound Journey – Spatial audio transports you into a multi-sensory healing space.

Dynamic Breathwork – Conscious breath patterns to clear energy blocks and awaken your power.

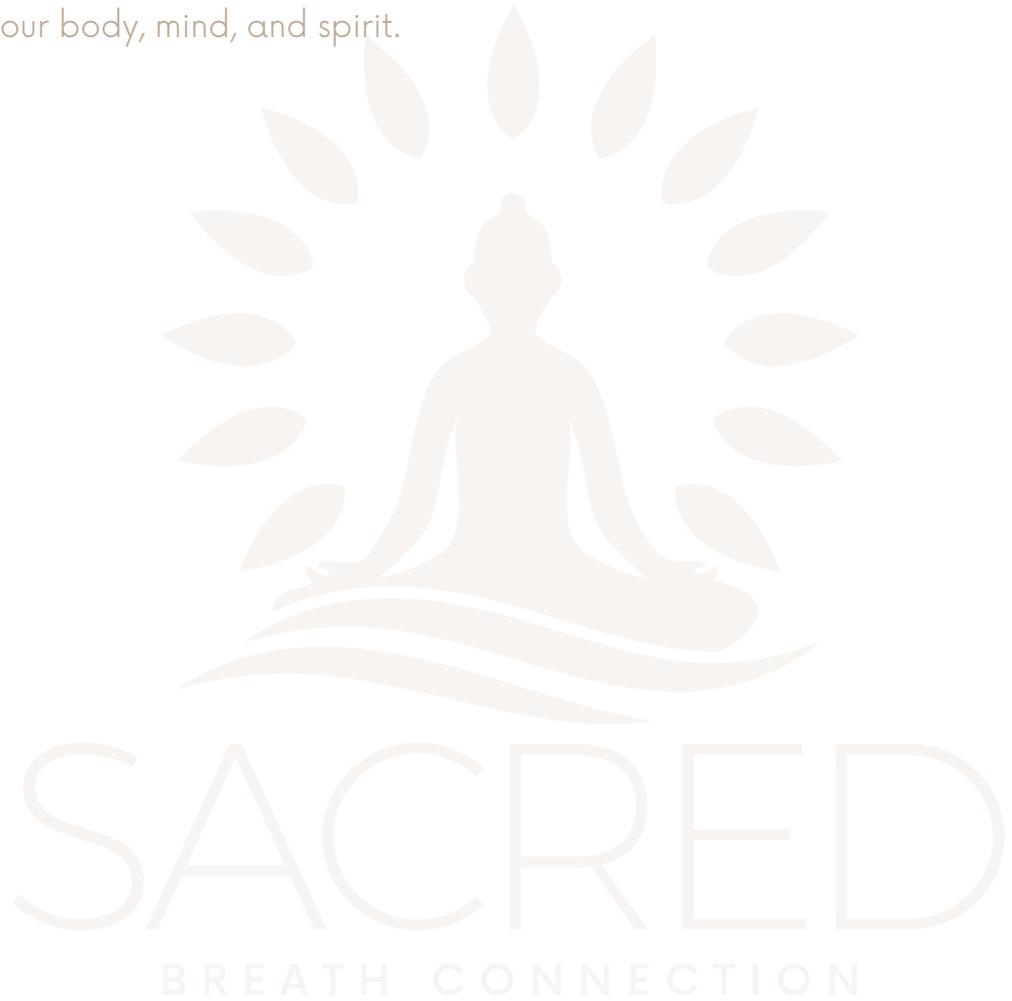
Somatic Bodywork – Guided movement and self-touch to release tension and amplify embodiment.

Emotional Liberation – Access and release stored emotions for deep healing and transformation.

Grounding Integration – Gentle closing rituals to anchor and embody your transformation.

Step Into Your Power - Are You Ready?

Experience the next level of healing with 5D Breathwork + Somatic Bodywork and reclaim your body, mind, and spirit.



4-Week Conscious Connected Breathwork Journey Healing Through Breath & Holy Spirit Energy

Program overview

Are you ready to release emotional blocks, let go of limiting beliefs, and step into your full power? This 4-week Conscious Connected Breathwork journey is designed to help you heal deeply, reconnect with your authentic self, and experience the transformative power of Holy Spirit energy healing.

What You Will Experience:

- **Trauma Release & Emotional Healing:** Safely process and release stored emotional pain and trauma through guided Breathwork sessions.
- **Let Go of Limiting Beliefs:** Identify and dissolve the unconscious patterns and beliefs that hold you back from living your highest potential.
- **Overcome Self-Doubt & Negative Self-Talk:** Reprogram your inner dialogue to cultivate self-love, confidence, and a powerful mindset.
- **Holy Spirit Energy Healing:** Experience the profound healing presence of the Holy Spirit, bringing divine light and peace to every area of your life.
- **Unconscious Mind Therapy:** Access and heal the subconscious layers of your mind where deep transformation occurs.

Program Structure

Week 1: Foundations of Breath & Inner Awareness

- Introduction to Conscious Connected Breathwork
- Grounding practices to create safety and stability
- Exploring the unconscious mind and the roots of limiting beliefs

Week 2: Releasing Emotional Blocks & Trauma

- Deep dive Breathwork for emotional release
- Holy Spirit energy healing for emotional wounds
- Letting go of past pain and opening to divine healing

Week 3: Rewriting Limiting Beliefs & Self-Talk

- Identifying and transforming negative self-talk
- Breathwork to reprogram empowering beliefs
- Integrating self-love and confidence into daily life

Week 4: Embodying Freedom & Divine Connection

- Strengthening your connection to the Holy Spirit
- Breathwork for alignment with your authentic self
- Living with freedom, peace, and divine guidance

Who Is This For? This journey is for anyone ready to:

- Release trauma and emotional pain
- Overcome self-doubt and negative self-talk
- Experience the healing power of the Holy Spirit
- Step into greater clarity, peace, and empowerment

What You Will Receive:

- 4 Weekly Guided Breathwork Sessions (Live or Recorded)
- Personalized Support & Integration Tools
- Guided Meditations & Journaling Practices
- A Transformational Healing Experience

Step Into Your Healing Journey Today Are you ready to let go of what no longer serves you and embrace a life of freedom and divine connection? Join us for this powerful 4-week Breathwork journey and experience profound healing and transformation.

Holy Spirit 6-Week Journey

Program overview

Embark on a powerful 6-week transformational journey, guided by the Holy Spirit, to align your energy, unblock your chakra system, and deepen your spiritual connection.

This unique experience includes:

- **Chakra System Healing & Alignment:** Work with the Holy Spirit to release energetic blockages and restore flow through guided meditation and spiritual practices.
- **Weekly Healing Sessions:** Receive one profound energy healing session each week, supporting emotional, physical, and spiritual breakthroughs.
- **Grounding & Meditation Practices:** Deepen your connection to the Divine through grounding techniques and Holy Spirit-inspired meditations.
- **Personalized Coaching:** Receive intuitive coaching to navigate your spiritual journey, integrate your healing, and unlock your highest potential.
- **WhatsApp Support Container:** Stay connected throughout the journey with a dedicated WhatsApp group for insights, breakthroughs, and real-time support.

Weekly Breakdown:

- **Week 1: Foundation & Root Chakra Healing** – Establish a solid spiritual foundation and release fears blocking your stability.
- **Week 2: Creativity & Sacral Chakra Activation** – Awaken creativity, passion, and emotional flow.
- **Week 3: Personal Power & Solar Plexus Clearing** – Activate your inner power, confidence, and self-worth.
- **Week 4: Heart Opening & Healing** – Deepen your capacity for love, compassion, and emotional balance.

Weekly Breakdown:

- **Week 5: Voice & Throat Chakra Alignment** – Clear blockages around communication and authentic expression.
- **Week 6: Spiritual Vision & Crown Chakra Activation** – Enhance your connection to divine wisdom and spiritual clarity.

Are you ready to unlock deeper healing and spiritual power? Join the Holy Spirit 6-Week Journey today!



Shadow Work Coaching

Program overview

Unlock Your True Self Dive deep and reclaim the parts of you lost in childhood. Through shadow work and inner child healing, you'll uncover hidden aspects of your psyche and learn to live your most empowered, authentic life.

Discover the "Why" Behind Your Triggers Find out why certain people, places, and situations stir strong emotional responses. Explore and resolve reactivity and projections that keep you stuck, freeing yourself from old patterns and stepping into wholeness.

Rooted in Carl Jung's Teachings Shadow work is based on the insights of Carl Jung, who believed we all have shadow parts—the aspects of ourselves we suppress or reject. By bringing these hidden pieces to light, you gain clarity, healing, and personal power. Let Sarah guide you on this profound journey to reclaim your lost parts and embrace your true self.

Choose Your Healing Path

- **Ongoing Monthly Subscription:** Continuous support and deep exploration at your own pace.
- **6 to 12-Week Intensive Program:** A focused, immersive experience for deep healing and transformation.

Ready to Reclaim Your Power? Take the first step toward living in your authentic truth. Let Sarah guide you through the depths and help you reclaim your wholeness.

Unconscious Mind Therapy – Deep Healing in Just 1 Session

Program overview

In this transformational 2-hour session, we dive deep to release blocks, clear resistance, and heal trauma using Timeline Therapy & Hypnotherapy.

Why Choose This Therapy?

- Break Free from anxiety & depression
- Rebuild Confidence & self-belief
- Rapid Results in just ONE session

Trained by the #1 Unconscious Mind Therapist Robert Hisee, Sarah brings cutting-edge techniques to help you create lasting change.

Are You Ready to Transform Your Life?

Take the first step toward freedom—Contact Sarah today!

SACRED
BREATH CONNECTION

3-Week Unconscious Mind Therapy & Transformation Journey

Program Overview

Unlock the power of your unconscious mind and experience deep healing & personal growth in this transformative 3-week program! Through hypnosis, NLP (Neuro-Linguistic Programming), and personalized coaching, you'll release limitations, rewire your mind, and step into your full potential.

What to Expect:

- **Duration:** 3 Weeks
- **Session Length:** 1.5 hours per week (Total: 4.5 hours)
- **Approach:** Hypnosis, NLP techniques, and integrative coaching

Program Structure

Week 1: Releasing Limiting Beliefs

- Identify and dissolve unconscious patterns holding you back
- Experience deep hypnosis to release negative thought cycles
- Create empowering new beliefs to align with your goals

Week 2: Emotional Healing & Inner Balance

- Heal past emotional wounds through guided hypnotic techniques
- Reconnect with inner peace and emotional resilience
- Integrate powerful NLP strategies for emotional mastery

Week 3: Future Vision & Empowerment

- Design a compelling vision for your future
- Use future-pacing hypnosis to align your subconscious with success
- Build lasting habits for continuous growth and transformation

This Program is for You if You Want to:

- Overcome self-doubt and inner blocks
- Heal emotional patterns and past experiences
- Enhance confidence and clarity
- Unlock deeper levels of personal growth and empowerment

Experience profound change by accessing the deepest layers of your mind. Reserve your spot today and begin your transformation journey!

