

## How a Inner Human<sup>©</sup> consultation works

### **Step One - Design a Co-Alliance**

We will talk either on the phone or before the consultation. I will explain the logistics of the process, ask you questions, and take notes.

### **Step Two - Create a Sacred Space**

Before the process starts, we take a moment of quiet - Surrender. Surrender is a resource used throughout the process. It allows both you and I to be guided. When we don't know or we are stuck; surrender allows you to connect with The One. To gain instructions, insight or to open a space for something new to arise.

### **Step Three - Communicate with the Body**

Communication with the body will be established by using a form of kinesiology known as muscle testing. This feedback tool allows for a direct line of communication with the part of you that knows everything - innate wisdom. Then we find the main components (primary lesion) that need to be seen, whether it is physical, emotional, sensory, postural or mental, etc.

### **Step Four - During the Process**

There will be verbal and non-verbal dialogue, and powerful questions throughout the process to help you experience truth and inner understanding. The use of metaphor, symbols, imagery or allegory maybe used.

### **Step Five - Recording the Findings**

While I am working with you I will be writing out what gets discovered into a story. The purpose is to serve as a remind of what has been named as a problem or obstacle, its root source and the solutions for change. Self-armed with knowledge, you can begin to heal and make choices based on new understanding.

### **Step Six - Therapeutic Support**

Within the Inner Human process, information is obtained - your 'story'. The next phase is to integrate and support the understanding with the body. I will then be directed to a unique therapeutic approach specific for you.

### **Step Seven - Embodiment**

When the process is done. You will receive your story; a recording of what happened in the process. For optimal results, take the story and embody what you have learned into your life. You will possess the power to deal with challenges, self heal, set directions, change habits and make enlighten choices.