

Sheryne Wilson

Innerchild Healing/Childhood Regression - \$240 +GST

From the ages of 0-9 we receive the most amount of modelling and programming. Not all of it serves us and often the experiences we had as a child end up shaping the course of our life. That doesn't mean you are stuck with your past, with Childhood regression we are able to go as far back as the womb to release negative experiences, emotions, trauma, imprints and programs.

Using a process called Age Identity ,Timeline, RTT You can go back and rediscover the parts of your lost child and reconcile them, releasing limiting beliefs and integrating the parts of you which were forgotten.

Somatic/Bioenergy Healing Session - \$190 + GST

Natural bioenergetics is the study of energy/ frequency and how it affects the biofield of the body.

Environment, sound, energy, and emotions all have a physical effect on our body. Thoughts, feelings memories, events and trauma can all be stored in the body, It is important to allow time for the mind and the body to process these things. Using muscle testing, Tuning forks, sounds, language, energy centres and acupuncture points, can assist in the release of a lot of these unwanted storages in the mind and body. Based on the TCM of balancing the meridians and the chakras you can get back in your body and feel reconnected back to your inner guidance system, back to a calm nervous system.

Lifestyle and Wellness Coaching - \$150 + GST

Are you on the right track but feeling stuck? Do you need some quick guidance or pep talk to redirect your focus or attune your goals? Sometimes you just need someone to see your blind spots and help you change your course of action. Using NLP, LOA techniques and EFT, you can quickly have a plan in place feeling oriented and focused again.

Past Life Regression - \$320 + GST

Have you ever wondered who you were in another life?

Do you wonder if you are on the right track in this life?

Sometimes looking into the past can give you incredible understanding, tools, insight and explain the relationships and passions you have today.

Certified and trained under the Michael Newton Institute and with the knowledge of Dolores Cannon I will guide you on a journey to visit the most relevant past life for need to experience.

A 3 hour process including a prep phase, you will be guided to go within the depths of your memory.

Visiting scenes and events from that past life, leading you through significant lessons all the way to the end of that life.

Which we will then do a full review with quantum healing.

- Releasing any energetic imprints

- Letting go of physical trapped energy,

- Forgiving and closing any relationships

- Removing any unresolved contracts holding you back in this life.

- Releasing Karmic bonds

- Connecting you to higher self, spirit guides or ancestors throughout the journey.

- Gathering any skills, tools or gifts you may not have been aware of which you possess from that life, activating them in this life.

This process will leave you with a new perspective of the current life you have and a deeper understanding of who you are.

Galactic Regression - \$320.00 + GST

Have you ever wondered if you are not from here?

Have you ever felt like you don't belong?

Are you a star-seed wanting to learn more about your past?

Come on a journey to another dimension, reality, planet, to learn about the other lives you've had on other planets.

Visiting the lives and lessons you've learned from other places, while gathering a deeper understanding of why you chose earth and what you are here to do.

Hypnotherapy Session - \$240 + GST

Hypnotherapy can help you release deep rooted beliefs and events you may not even remember, yet the mind and the body keep score, often working against you.

It is important to release the thoughts, emotions and memories which no longer serve you.

Using Conversational Hypnotherapy, Suggestive, Regressive and Reflective, you can discover what is holding you back and Release it.

PACKAGES

Hypnotherapy 5 Sessions

This package is for those who want to deep dive into hypnotherapy.

Focusing on a particular area in their life they are wanting to improve.

Using a variety of Hypnotherapy tools to help uncover past patterns, generational wounds, childhood programming, unconscious beliefs and to truly discover what is blocking you from moving forward.

This package includes a variety of types of hypnotherapy which can used to access the answers you are looking for.

These include:

Introspection Hypnotherapy

Forgiveness Hypnotherapy

Conversational Hypnotherapy

Introspection Hypnotherapy

Suggestive Hypnotherapy

Parts Hypnotherapy

Womb Regression

Emotion Regression

Regression to Cause

INTRO PACKAGE

Best suited for first time clients (3 Sessions)

This Package includes 3 (90 mins-) Sessions

With Coaching, Bioenergetics, NLP, EFT, and Hypnotherapy.

Allowing you to discover what you need, using a variety of tools to help you feel more balanced in your mind and body.

It is a great way to experience a little bit of energy work, mind work, and emotional work.