



## BIANCA CASSINGENA HEALING SUPPORT

### Self-Mastery Program Introduction

Welcome to your Self-Mastery program. I am so excited to start working with you! Well done on taking your first step towards self-healing, awareness and discovery. There are a few things I would like to mention before you get started. Healing and self-discovery are a very personal journey. In order for me to better understand your inner mind and to accurately and correctly gauge what you are looking to achieve during your Self-Mastery program I need you to please do the following:

1. Complete the well-being form.
2. Write a one-page story or write up of your current situation and why you are seeking this program.
3. If you don't already have one, please consider getting a journal. This will help you introspect and help the subconscious mind process.

Over the next four weeks we will be embarking on a journey together to help you access your true potential. Our time together will be filled with identifying goals, releasing core issues and developing your inner resources. During the healing phase of the program we work at releasing core wounding and patterns that are no longer serving you, from the subconscious mind. These patterns, beliefs and traumas have been impacting you both physically and emotionally (whether you are consciously aware or not) for many years. Thus, there can be a period that I call the 'detox phase'. During the sessions we work at clearing and cleansing the whole body-mind complex. As your subconscious mind heals your physical, emotional and energetic body need to detox everything which it has been clinging to for such a long period of time. Therefore, at times (not always) some people experience detoxing effects such as: headaches, tension, loose stools etc. It is important for you to give yourself the rest that your body requires after your session. It is also advised to please drink 2L of water after your sessions. Once the detox effect has passed you will feel light and energetic (almost as though you have let go of a heavy weight you were carrying around). Each client is different, some feel light and energetic straight after, whilst some need to detox before experiencing this. It is important to give yourself three days for the session to fully integrate. You will then notice the differences and improvements within your body and mind. If there is anything else that is still being triggered or left over, it means that more clearing and releasing needs to be done in your next session.

If you have any other questions, don't hesitate to send me an email. Let us begin this amazing journey together!!

With love and light,

Bianca