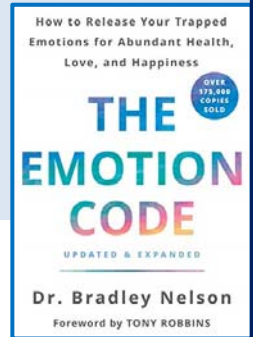




MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

Phone/Text: 719-648-5234
MountainLightHealing.com



THE EMOTION CODE®

Paving the Way for Liberating Your Inner Self,
Finding Your Purpose, and Living Your Passion

The Emotion Code®, created by Dr. Bradley Nelson, DC (ret), is an energy-medicine modality that **engages the subconscious mind and invokes the intelligence of the body to erase hidden blocks to optimal health, abundance, and love; to create positive change; and to heal underlying emotional sources of illness and dis-ease.** As a result, physical issues and emotional difficulties usually become much more manageable.

Energy Medicine is a gentle, non-invasive, dynamic form of healthcare aimed at restoring balance in the body's energy fields. It is a complement to conventional medical therapies, offering a holistic and integrative approach to optimizing health and well-being.

Emotions are energy in motion, and every emotion carries a certain vibration that interacts with the body's energy fields. Traumatic life events create negative emotions that distort these fields and, if not completely processed, can get stuck in the body. Over time, these **trapped emotions** tend to accumulate and often become the underlying causes of physical dis-ease and mental/emotional challenges. **Letting go of emotional baggage will open the door to a more joyful and fulfilling life.**

Recurring feelings involving a deep sense of hurt, grief, or loss may lead to the formation of a so-called Heart-Wall, an energy wall consisting of trapped emotions created around the heart to protect it from further emotional damage.



Releasing the Heart-Wall will generally promote a sense of freedom and lightness, as well as more connected, nurturing relationships.

Typically, during an Emotion Code® session, the trapped emotions associated with one to three issues can be released. Some post-session time for processing and integration may be needed.

Sessions can be conducted both **on-site and remotely** (with email, phone, and video-chat options) and include a copy of the session log.

Initial Session—45 Minutes
Follow-Up Sessions—35 Minutes

For additional information, visit **DiscoverHealing.com**.



Practitioner: Verena Vomastic, PhD, owner of the Mountain Light Healing Studio in Colorado Springs, CO, specializes in integrative approaches to optimizing mind-body health and well-being. She is passionate about inspiring and empowering individuals from all walks of life, promoting growth and transformation, and sharing the science, the gifts, and the magic of Energy Medicine. In her practice, she employs a unique blend of practical tools, proven techniques, and leading-edge technologies aimed at boosting vitality, resilience, performance, and overall quality of life. Verena has a scientific (mathematics/physics) and cosmopolitan background. She is a certified Energy Medicine/Bioenergetics and Whole Health Medicine Institute Practitioner, Eden Energy Medicine and Holistic Stress Management Instructor, Hippocrates Lifestyle™ Medicine Coach, and Registered Yoga Teacher.