



EMOTIONAL EQUILIBRIUM

EST. 2019

Types of sessions we offer:

Unlocking potential sessions

Counselling sessions

Heartwall sessions

Anxiety sessions

Nutrient sessions

Supplement sessions

Vanishing twin sessions

Epigenetic sessions

Bloodline sessions

Heavenly courtroom sessions

Quantum sessions

SIT sessions

Time clock sessions

UNLOCKING POTENTIAL SESSIONS:

- **Time frames for these sessions:**

60-minute Zoom calls only

- **What does this session entail:**

This is a 5-step program I offer to help you unlock your full potential. It helps you identify beliefs you have about yourself or life that limit your potential. This is a self-help program. It requires some work on your part. This is also not a “one session” program, it will require a few follow-up sessions.

- **What types of issues do the clients have that require them to book this session:**

Identity issues

Knowing you have more to offer but being unable to achieve the more you want

Financial issues

Weight issues

Mental instability

Lack of connection to others

People who have a background of trauma

Identifying the same patterns happening over and over again in your life

COUNSELLING SESSIONS:

- **Time frames for these sessions:**

30min, 40min 60min Zoom calls only

- **What does this session entail:**

This type of session is for someone who has the need to talk things through.

- **What types of issues do the clients have that require them to book this session:**

A person who may need counselling is someone experiencing emotional, mental or behavioural challenges that are interfering with their daily life, relationships, or overall well-being. This could include individuals dealing with anxiety, depression, trauma, grief, low self-esteem, or major life transitions such as divorce, job loss, or the death of a loved one.

Counselling can also benefit those who feel overwhelmed, stuck, or unsure of how to cope with their emotions or make important decisions. Even people who appear to be functioning well externally may seek counselling to gain insight, improve communication skills, or develop healthier coping strategies.

HEARTWALL SESSIONS:

- **Time frames for these sessions:**

30-minute photo sessions only

- **What does this session entail:**

A Heartwall consists of layers and layers of Trauma Frequencies surrounding the area mainly around the heart; this protective Heartwall's function is to protect one from emotional pain. A Trauma Frequency in the Heartwall is known as a Heartwall Trauma Frequency. These Heartwall Trauma Frequencies are stacked one on top of the other, just like stones in a wall, to create the Heartwall. Heartwall Trauma Frequencies are old Trauma Frequencies stuck in another part of the body, then moved by the Subconscious Mind to form one of the Heartwall building blocks.

A Heartwall takes multiple sessions to remove altogether. Usually, a Heartwall has between 7-24 Trauma Frequencies per session that you may need release.

- **What types of issues do the clients have that require them to book this session:**

Feeling isolated, although you have people in your life, you still feel lonely, isolated and abandoned.

Struggling with Anxiety or Depression, or both.

You are not achieving a breakthrough at work or in relationships like you are stuck.

Cannot connect with others on a deep emotional level.

Not being able to connect to God, to hear His voice or to pray.

Although someone tells them they love them, they cannot fully experience or feel this love.

Not being able to meet a life partner.

You are feeling shut down, not being able to experience emotions intensely, like you feel nothing.

Or you are feeling a lot of anger and resentment, holding onto grudges and offence.

Trouble giving and receiving love.

Discomfort or pain in the shoulders, upper back and neck.



ANXIETY SESSIONS:

- **Time frames for these sessions:**

30min 40min and 60min Zoom calls or photo sessions

- **What does this session entail:**

This is for people who struggle with anxiety and panic attacks. These sessions start off with the major anxiety organs, the adrenal glands, the amygdala, and the vagus nerve. From there, we move on to the underlying causes.

- **What types of issues do the clients have that require them to book this session:**

People struggling with anxiety and panic attacks often experience a range of intense and distressing symptoms, both physical and emotional. Common symptoms include a racing heart, shortness of breath, chest pain, dizziness, shaking, sweating, and a sense of choking or impending doom. Emotionally, they may feel overwhelming fear, restlessness, irritability, or a constant sense of worry that feels out of proportion to the situation. During a panic attack, individuals often feel like they are losing control, going crazy, or even dying. These symptoms can be sudden and unpredictable, making everyday tasks feel daunting and leading some to avoid situations where they fear an attack might occur.

NUTRIENT SESSIONS:

- **Time frames for these sessions:**

30-minute Zoom or photo sessions

- **What does this session entail:**

These sessions will tell you what superfoods and nutrients your body needs

- **What types of issues do the clients have that require them to book this session:**

Someone who may need a nutrient-rich, superfood-based diet often shows signs of fatigue, low energy, frequent illness, poor concentration, and slow recovery from injuries or illness. They might experience brittle nails, dull or thinning hair, dry skin, digestive issues like bloating or constipation, and mood swings or irritability. These symptoms can be signs that the body is lacking essential vitamins, minerals, and antioxidants needed for optimal functioning. A diet high in processed foods and low in fruits, vegetables, whole grains, and lean proteins can contribute to these issues. Introducing superfoods—such as leafy greens, berries, nuts, seeds, and fatty fish—can help restore balance, boost immunity, support brain function, and increase overall vitality.

SUPPLEMENT SESSIONS:

- **Time frames for these sessions:**

30-minute Zoom of photo sessions

- **What does this session entail:**

These sessions will tell you what supplements, essential oils, and nutrients your body needs

- **What types of issues do the clients have that require them to book this session:**

A person who may benefit from supplements and essential oils often shows signs of physical or emotional imbalance that aren't fully addressed by diet alone. Common symptoms include chronic fatigue, frequent headaches, poor sleep, hormonal imbalances, anxiety, low immunity, or persistent digestive issues. They may also experience brain fog, mood swings, joint discomfort, or skin problems such as dryness or breakouts. These issues can sometimes signal deficiencies in key nutrients like magnesium, vitamin D, omega-3s, or B vitamins. Essential oils like lavender, peppermint, or eucalyptus may support relaxation, focus, and respiratory health, while supplements can help fill nutritional gaps and support the body's natural healing processes when used properly alongside a healthy lifestyle.

VANISHING TWIN SESSIONS:

- **Time frames for these sessions:**

30min, 40min, and 60min Zoom calls or photo sessions

- **What does this session entail:**

This session works through the trauma of losing a twin in the womb.

- **What types of issues do the clients have that require them to book this session:**

The person who shared the womb with a vanishing twin, or the mom who lost the twin might experience the following emotions in life without fully knowing why they feel like this: Confusion, Anxiety, and Grief.

EPIGENETIC SESSIONS:

- **Time frames for these sessions:**

30min, 40min and 60min Zoom and photo sessions

- **What does this session entail:**

These sessions are for physical disease inheritance.

- **What types of issues do the clients have that require them to book this session:**

Many diseases can be inherited. Common day-to-day diseases like high cholesterol or heart issues to more serious issues like Sickle Cell Anaemia or BRCA1/BRCA2 Mutations.

BLOODLINE SESSIONS:

- **Time frames for these sessions:**

1h Zoom or photo sessions

- **What does this session entail:**

These sessions deal with spiritual inheritance

- **What types of issues do the clients have that require them to book this session:**

This is for people who can see a pattern in the family line for spiritual attacks

HEAVENLY COURTROOM SESSIONS:

- **Time frames for these sessions:**

1h Zoom or photo sessions

- **What does this session entail:**

These sessions are to find any negative things that are working against you in the heavenly courtrooms, additionally, we also find what positive things need to be released.

- **What types of issues do the clients have that require them to book this session:**

People facing recurring spiritual oppression – e.g., nightmares, strongholds, or demonic interference.

Those dealing with chronic, unexplained illness – especially when medical solutions fail.

Individuals are stuck in cycles of failure or poverty, despite hard work and effort.

People with generational curses or family bondage – including addictions, mental health issues, or patterns of divorce.

Intercessors or spiritual leaders – who experience backlash or resistance after ministry.

QUANTUM SESSIONS:

- **Time frames for these sessions:**

1h Zoom or photo sessions

- **What does this session entail:**

A Covenant is an agreement, usually formal, between two or more persons to do or not do something specified. If you have been guided to this page, there may be an ungodly covenant with a person, entity, or dead human spirit that needs to be addressed. This may be a covenant in your own life, or in the bloodline that you need to identify. Test the below to identify what kind of covenant you need to deal with. You may ask the Holy Spirit to guide you or use the Muscle Testing to identify the person or entity the covenant is ungodly Contractual Agreement Covenant

- **What types of issues do the clients have that require them to book this session:**

Spiritual Issues

- Blocked spiritual growth – Difficulty hearing God, praying, or feeling spiritually numb.
- Unusual spiritual oppression – Night terrors, sleep paralysis, dark presence, etc.
- Open doors to demonic influence – Temptations or attacks that seem beyond normal struggle.
- Deception or confusion – Especially in decisions or relationships.

QUANTUM SESSIONS:

Emotional & Behavioural Patterns

- Persistent cycles of failure, poverty, or loss – Despite efforts and prayer.
- Self-sabotage or confusion in purpose – Feeling stuck or constantly derailed.
- Unhealthy soul ties – Feeling controlled by or emotionally attached to someone from the past.
- Patterns of fear, anxiety, depression – Particularly if these don't respond to counselling or medication.

Generational/Bloodline Effects

- Family history of recurring issues – Addiction, mental illness, divorce, abuse, etc.
- Inherited illnesses – That may have a spiritual or curse-related root.
- Sudden, unexplained misfortunes – Accidents, miscarriages, or untimely deaths.

Indicators of a Covenant or Contract

- Past vows, oaths, or dedications – (e.g., “I’ll never love again,” or being dedicated to an idol, cult, or false religion).
- Participation in occult practices – Tarot, crystals, Freemasonry, ancestral worship, etc.
- Sexual covenants – Especially through premarital sex, soul ties, or rituals.
- Family involvement in ungodly covenants – Witchcraft, blood pacts, or secret societies.

SIT SESSIONS:

- **Time frames for these sessions:**

1h Zoom or photo sessions

- **What does this session entail:**

This session deals with secret information technologies that are in the body. This can enter the body through injection, inhalation, or through food and drinks.

- **What types of issues do the clients have that require them to book this session:**

This is considered a spiritual session where technology has entered the body and is causing a physical connection to spiritual entities that is harming you.

TIME CLOCK SESSIONS:

- **Time frames for these sessions:**

1h Zoom or photo sessions

- **What does this session entail:**

In this session, we look for any time frames or time clocks that are set to repeat in your life

- **What types of issues do the clients have that require them to book this session:**

Cycles of Delay or Stagnation

Recurring Patterns and Timed Attacks

Premature Death or Assignment Termination

Frustration with God's Timing