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EDUCATION & LICENSING

San Diego University of Integrative Studies
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A silhouette of a woman in a dark dress with her arms raised, set against a bright blue background with a sunburst and large, ornate butterfly wings.

Soul Alignment Healing

with
Brianna Anderson

What is Soul Alignment Healing?



Firstly, the “soul” is the part of you that is eternal, it is the part of you that existed before you were born and will continue to exist after you die.

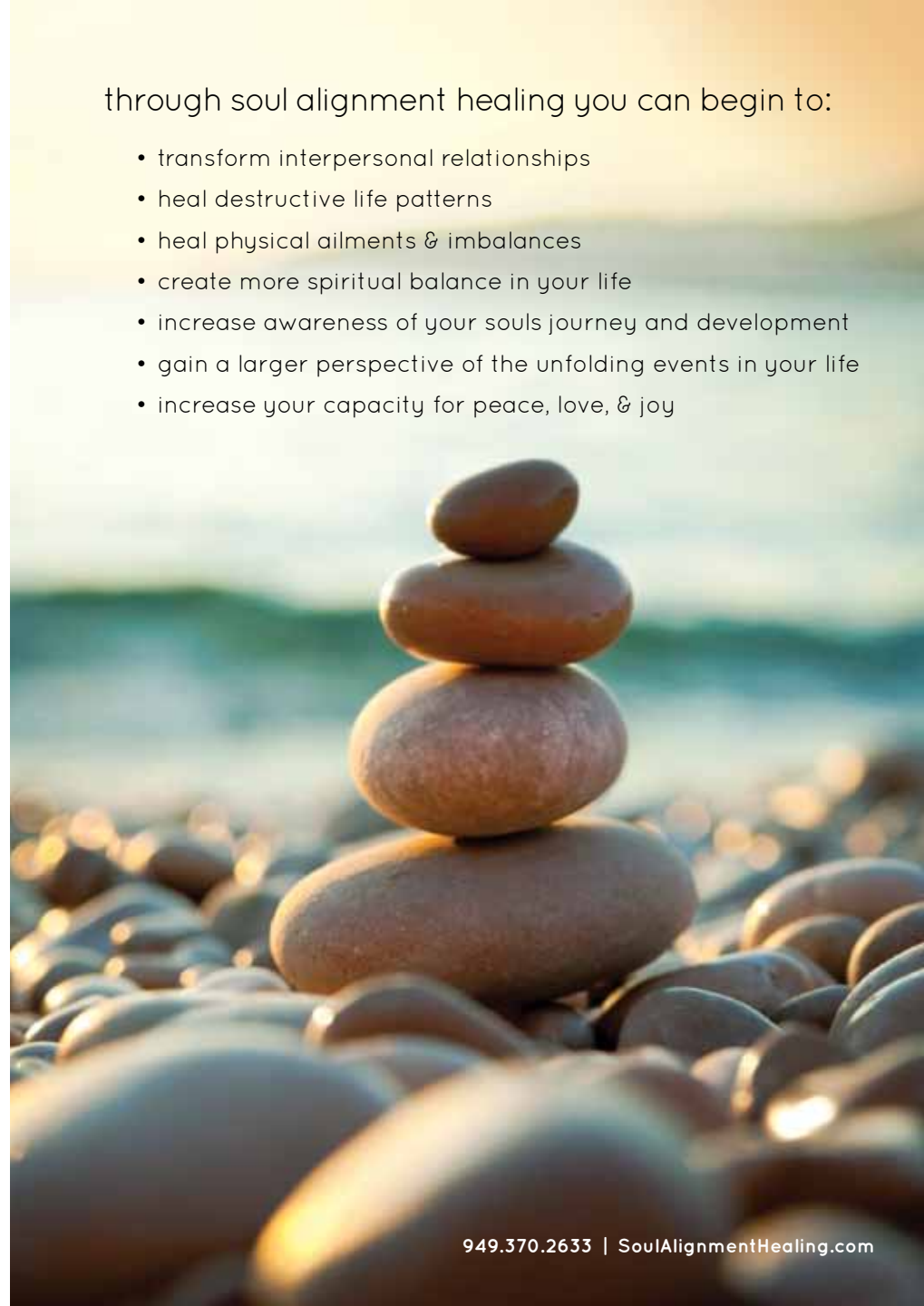
Soul Alignment Healing is a process that transforms energy blockages that have become patterns of disharmony within the soul. These energy blockages arise when you experience the minor troubles and major traumas in your life.

When the troubles and traumas do not heal or resolve, the energy of the experience solidifies and becomes blocked and stagnant energy, thus causing painful emotions and negative thought forms, which create barriers to living the life you desire.

Through the Soul Alignment Healing process you will gain a larger perspective of the unfolding events in your life by deepening your awareness of your soul's journey and development. This process will bring you back into your natural state of balance and harmony, while enabling you to more freely live the desires of your heart.

through soul alignment healing you can begin to:

- transform interpersonal relationships
- heal destructive life patterns
- heal physical ailments & imbalances
- create more spiritual balance in your life
- increase awareness of your souls journey and development
- gain a larger perspective of the unfolding events in your life
- increase your capacity for peace, love, & joy



The Method

IS A COMBINATION OF 6 DIFFERENT
ALTERNATIVE & COMPLEMENTARY
MEDICINE MODALITIES. THESE MODALITIES
ARE WOVEN TOGETHER TO CREATE
SOUL ALIGNMENT HEALING.

FLOWER
ESSENCES

REIKI

MASSAGE

SOUL MEMORY
DISCOVERY

CRYSTAL
HEALING

ENERGY
HEALING

soul memory discovery

Each soul carries memories of its experiences. Sometimes, these memories create negative and limiting beliefs which manifest in your life as pain and distress. This modality enables us to identify and release the memories held in the soul, and invite in healing which will immediately begin to manifest positively in your life.

flower essences

Are the vibrational imprint of various types of flowers & plants. In every situation in which the personality is not in complete harmony with its soul there exists disharmony, disturbance, friction and distortion. Matching the correct flower essence can provide the necessary energy to bring you back into alignment.

reiki

Reiki is a Japanese word, and when translated it means, "spiritually directed universal life force energy." Reiki energy cleanses, heals, energizes & empowers to bring balance to all levels of your being. Reiki energy not only heals you but assists you in your spiritual growth and evolution.

massage therapy

Is healing through human touch that transforms and moves energy throughout the body. Massage unwinds stress while providing rejuvenation on all levels.

crystal energy healing

Is a healing method that uses the subtle vibration of the mineralogical makeup of each crystal to remove blockages that cause illness and emotional distress. Crystals are placed on different parts of the body often corresponding to chakras, meridians, organs and the auric field. This brings balance on all levels.

energy healing

The body is formed & nourished by patterns of energy currents that determine the state of your health and vitality. These energy currents become weakened by the little troubles and major traumas we experience in life. Energy healing transforms the dense painful energy that becomes stagnant within the chakras and levels of the aura which blocks the flow of light. The blockages not only affect the body but the emotional well-being & structured design of your life.

Soul Alignment Treatment Plan

The treatment plan is comprised of three different phases. The first session is two hours and every session after is one hour. The fee is based on an hourly rate. A customized plan is specifically designed to meet your needs:

phase 1

Every week for 6 - 8 weeks

Session 1: The Introductory Session

We explore the areas of your life that are causing you pain & distress and through the process we discuss where Soul Alignment Healing will be effective. Then we begin the process for releasing Karma; and finish the session by establishing goals & creating a customized treatment plan.

Session 2: Energy Healing

Deepens the Karmic release by bringing healing to the energy system.

Session 3: Massage

Transforms the stagnant energy that is held by the body.

Session 4: Flower Essence Formula

Harmonizes and resolves the conflict between the personality and the soul.

Session 5: Soul Memory Discovery

This session is about healing the interpersonal relationships connected to the karma.

Session 6: Reiki

Brings balance to all levels of your being.

Session 7: Massage

Integrating the healing with the body

Phase 1 is about getting into alignment



phase 2

As we enter into phase two we begin with a mid-treatment evaluation & assess the progress of achieving goals. In this phase we meet every other week, and work together in a similar fashion as in phase 1.

In phase two I assign homework for the purpose of deepening the integration process. This helps to expand your awareness as you shift in consciousness.

Phase 2 is about learning how to stay in alignment

phase 3

Is about taking Soul Alignment Healing to the next level; it is initiated by the client's desire to grow spiritually. In this phase I design a specific program to help the client to reach their optimum connection. This phase incorporates a blend of attending particular classes, spiritual groups, and 1 on 1 sessions.

Phase 3 is for specific clients and is designed to help develop skills to trust and and deepen your intuition.

Dearest One:

I am delighted to know that you have maintained interest and are reading these words right now! I gather that this is because the energy emanating from this brochure has spoken to some part of your soul. If that is the case & feels right, Soul Alignment Healing might be exactly what you have been searching for.

I would love to answer any questions you may have, whether it is over the phone, in an email, or in person. I want you to know that I schedule FREE 30 minute "meet & greet" sessions, where you can sit and get a feel for me and this process. Through this "meeting and greeting" you will know if Soul Alignment Healing is right for you.

Thank you so much for taking the time to read my brochure. I pray that God will bless you in the sweetest ways.

With so much love,
Bri

