

Who Is It For?

Life Alignment is ideal for:

- Professionals: Therapists, healers, health practitioners, and coaches seeking a profound and effective system to support client transformation and well-being.
- Individuals: Those wishing to deepen their own healing journey, transform personal challenges, and support family and friends.

We live in a time of immense change, where deeply rooted patterns and limiting beliefs often block our energy and potential. Life Alignment addresses these blockages—whether they manifest as feeling stuck, physical pain, or illness—helping you release what no longer serves you and embrace a life that reflects your true potential.

Step One: The Life Alignment Foundation Course

This 4-day foundational course (plus a day of practice) provides all the essential skills to begin your journey with Life Alignment. The Foundation Course is comprehensive, equipping you to identify and balance physical and emotional blockages in the energy field. The skills you learn are not only life-changing but can also integrate seamlessly with other therapeutic modalities.

What You'll Learn:

- The principles of Life Alignment and the origins of this transformative energy work.
- Meditation, grounding, and presence practices to enhance your intuitive connection.
- Muscle testing (applied kinesiology) and pendulum techniques to gather information from the body.
- Identifying and balancing emotional and physical energy blockages.
- Essential coaching skills for supporting clients effectively.
- The Emotional Release Process to transform limiting beliefs and empower life-changing decisions.
- Practical techniques to relieve pain, balance chakras, and detoxify the energy field.
- How to use Life Alignment Vortex Cards to enhance the healing process.

By the end of this course, you'll be able to practice these skills confidently, whether for personal growth or integrating into your professional work.