

# Sanctuary for Heart Magic

## Statement of Philosophy

At the Sanctuary for Heart Magic our goal is to help you achieve *high level well-being and unleash the power of your heart*. We know that the lens through which a practitioner sees their client will affect their outcome. In this office we hold the following about you.

1. **Your body is intelligent.** It expresses pain and disease because something *must change* in your life, not because something is wrong with you. Sensations, feelings and symptoms are wake up calls to pay attention as life is speaking to you through your body.
2. **Your body is fully capable of healing itself.** It does not need an outside force to heal, but instead a *higher organization of energy* working inside your body. Highly organized energy increases coherence and function because all systems are working together.
3. **Your spine is central to the health of your entire system.** The tone and tension patterns in your spinal cord determines how well your *inner communicative systems* are working. If your spine is under too much tension the function of your body, and much more, will be impaired.
4. **Your heart is your biggest energy source for healing.** When you get injured or feel a hurt your heart closes to protect you from feeling too much pain. Reopening your heart is the *missing link* for many to reclaim their health and life.

Health and life challenges give you extraordinary opportunities to reorganize your body and life to your next level of well-being. Developing the skills to listen, reframe, and reorganize (instead of fix yourself) allows you to experience well-being that is beyond returning you to a previous state of health. You gain the inner resourcefulness needed to live a connected and fully present life.

### Our Vision

The vision of the Sanctuary for Heart Magic is to be a portal where people transmute, alchemize and use their challenges, obstacles and pains to become a new, expanded version of themselves, that leads life from the heart. A place that assists in increasing each person's capacity to heal, create empowered choices, live as their calling and show up in the world as they truly desire. A community where people feel deeply met, safe, accepted and cared for, and where they come to see and love all aspects of their being so that a fuller expression of their essence is lived.

### Our Mission

The mission of the center is to provide next level well-being care, that optimizes body-mind-heart alignment, for people who want to live extraordinary existences and contribute their gifts like crazy in this world. Our services include Network Spinal Analysis, Somato-Respiratory Integration and Life Alignment Coaching.