



Private Programs

My private programs are designed to offer maximum transformation and are completely customized to your individual needs. All of the elements of the programs are designed to work together to effect the deep and lasting physical, emotional and spiritual changes you're looking for. I incorporate quite a lot of brain technology to help you form new neural pathways very quickly. This is how you get the best results. Your level of commitment to this work will affect your progress!

*During the course of our work together please refrain from doing any other “energy” or “healing” work. If you are not absolutely clear about what may or may not be energy work, please ask me.

*If you are currently working with a therapist or other healthcare professional you agree to continue that throughout our work together. Please ask me if you have questions.

*If you take prescription medication you agree to continue taking it exactly as prescribed by your physician.

*You agree to devote about 50-60 minutes to this work every day (this includes meditation time).

**You agree to BE PATIENT WITH YOURSELF! As you move through this program you may find you need extra rest...or more water...or any variety of things. This is normal. It's not a race. Take your time. The more you relax into this work the better you'll feel.

What happens in the 50-60 minutes daily?

Begin your day with Grounding! This will help you to keep yourself strong and your energy steady as you move through your day. Repeat as needed. Once you've mastered these two techniques you can use them without the video.

Next, you'll want to meditate or journal with supercharge. You need to do both, and the order is up to you. You can journal and meditate at your convenience--just be

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sure you do at least 10 minutes of meditation twice a day or a single sitting of 20 minutes.

During the week incorporate the Balance with Breath or Infinity Breathing techniques at least 4 times a week...or feel free to do one of them daily if you enjoy them!

****You agree to use the specific program meditations at least 6 times a week****

Each evening before bed you will use the Dreamwork video to help you remember your dreams. Please keep a written or audio log of these and email to me every couple of days. You may prefer to record audio of your dreams to send and that's perfectly fine too. If you are regularly dreaming and recalling your dreams you may feel free to stop using the video after the first week.

While we do this work together, you'll also be learning to use and apply these techniques to continue to help yourself long after our work together is complete. All of my clients have found these seemingly simple techniques to be so life changing that most have permanently incorporated these into their daily lives.

What happens in a One-on-One Session?

ONE-ON-ONE SESSIONS: Each of your weekly sessions is 60 minutes in length. This is where we begin to make the changes you need to resolve your issue(s). We will be using EFT Tapping on a regular basis to help you make the shifts you need quickly and easily. I combine this with guided visualization and my highly developed intuitive ability.

What happens between sessions?

CHECK INS WITH SHARON: I need to know how you are processing and progressing with the work. I request you email me at least 3 times a week...if you want to email me every day that's great too. This is close work together. The first email needs to be the day following our one-on-one work as I always need to know how the work has "landed" for you. Please understand I read all of these myself and

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keep the info secure in your file. If you have questions or concerns this is a good place to ask me. I respond as needed to these.

GROUNDING: Imagine moving through a stressful day feeling calm and capable....steady....grounded. Yes! This is exactly what the process of grounding does for you. You'll learn two valuable techniques to ground yourself every day. One of them is a simple "reconnection ground" that you can do anywhere and no one will even notice. I want you to learn and become adept at both. VIDEO INCLUDED

JOURNALING with SUPERCHARGE: The journaling process is powerful and is a part of many self-development programs. I teach clients to use it in a way that is more efficient for growth and change and helps to achieve faster results. I like to think of it as "self-discovery on steroids". You will spend 15 minutes every day journaling and then utilize my "supercharge technique" to process the information in the most beneficial way. **VIDEO INCLUDED

DREAM WORK: This technique has proven to be an invaluable "view" for me into your subconscious. I provide my private video for tapping specifically to remember your dreams. You'll use this every evening during the program and will need to keep a log of your dreams. These are emailed to me at least twice a week. Please don't feel pressured if you still don't recall your dreams. Some people only remember one or two dreams during the course of their program. This is still useful information and helps me gauge your progress. **VIDEO INCLUDED

MEDITATION: Meditation builds brain strength and resilience in a way nothing else can. The power of meditation is quite well documented. Done over a period of time it causes profound physical and neurochemical changes in the brain. You will be required to meditate for at least 10 minutes twice a day (or single session of 20 minutes) during the program. I have meditation videos you may enjoy using for this. If you already have an existing meditation practice you may simply continue it and please add program meditations at least 6 times a week. **VIDEOS INCLUDED

**Please note the following tools: Clearing with Color, Mystic Mist, Chakra Clearing, Tree Cleanse, Brain Balancing, Brain Boost and Emotional Release can all be used as part of your required program meditations.

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CLEARING WITH COLOR: Everything is vibrating at the atomic level...including all of your cells. Each color has a vibratory wavelength. Colors have the ability to profoundly influence everything from your mood to your pain level. In this wonderful guided visualization you get to see which is best for you and to use it to help yourself feel better in only 10 minutes. **VIDEO INCLUDED

MYSTIC MIST: What a great name for this totally gorgeous process! We will invite the arrival of a beautiful, glowing crystalline pink mist created just for you. As you breathe in the mist you will begin to shine from the inside out...throughout every part of your body. This will also serve to form a protective layer in your external energy field. The mist provides you with increased ability to ward off stress while allowing your cells to repair themselves more efficiently. It also feels fantastic! **VIDEO INCLUDED

CHAKRA CLEARING: The chakras are a part of our external energy system. Information is flowing through these all the time (both in and out). The stresses of life can cause these to become clogged or blocked. Get your energy flowing smoothly and easily again. **VIDEO INCLUDED

TREE CLEANSE: Trees are marvelous! Our relationship with them is a perfect energetic loop. They “exhale” exactly what we have to have to live--oxygen. In turn, we inhale the oxygen and exhale exactly what they need to live--carbon dioxide. What I've discovered is that the relationship between humans and trees is much richer and more intimate than we've imagined. I designed this guided visualization to not only allow you to clear negative energy but also to begin to deepen this relationship. **VIDEO INCLUDED

BRAIN BALANCING: This is an incredibly useful short exercise that can help you reactivate every part of your brain in just 6 minutes. You'll want to do this one during your first few days in the program. Feel free to repeat any time you feel it's needed. **VIDEO INCLUDED

**Please note that if you are recovering from a brain trauma or head injury we may work with this process in session to target specific areas for you.

BRAIN BOOST: Also known as brain plasticity, neuroplasticity is the brain's ability to reorganize itself by forming new neural connections throughout life. Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for

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injury, disease and to adjust their activities in response to new situations or to changes in their environment. Neurogenesis is the production of new brain cells (neurons). As production of these cells slows cognitive ability can also slow...as is frequently the case with aging.

I was inspired by the research presented in Dr. Sandrine Thuret's TED talk to create a video specifically designed to "speed up" the formation of new neurons and neural pathways. Building these new pathways in the brain is hugely beneficial. In addition to making it easier to release pain patterns, increased neuroplasticity can have a profound effect in every area of your life. So many things just suddenly become easier! **VIDEO INCLUDED

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EMOTIONAL RELEASE MEDITATION: We all take on emotions from other people. Sometimes we do this consciously in an attempt to help "lighten the load" for someone we care about...but many times we take on emotions from others without even knowing we're doing it. **VIDEO INCLUDED

BALANCE WITH BREATH: The yoga of breath is called pranayama. Our breathing patterns are very closely linked to our emotional states. We will breathe in a different way when we are angry, when we are excited, tired or when we are nervous. Breath can work the other way too. We can calm or energize ourselves by changing our breathing patterns. Pranayama practice can stimulate the parasympathetic system, countering the overstimulation our bodies go through when we experience the "flight or fight" response. The technique in my video is alternate nostril breathing. **VIDEO INCLUDED

INFINITY BREATHING: INFINITY BREATHING: Most of us are breathing at 20% or less of our capacity. This is only sufficient to properly nourish our primitive brain. Our reasoning brain is the next order of priority...if we take in enough oxygen....and that's followed by our "higher" brain. This is where we access our higher states of consciousness....and our higher self. Regular practice of this type of breathing produces amazing results. **VIDEO INCLUDED

THE POWER OF LOVE: Imagine having your perfect, ideal lover say all the beautiful wonderful things your soul most longs to hear. This is a deeply moving

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process that allows you to begin to love yourself—exactly as you really are....so that you are able to open yourself to truly receiving love. *Do this at least once during the program. **VIDEO INCLUDED

MUDRAS: The Mudras are a wonderful and convenient way to come back into balance. Please use these as needed. Yoga is designed to align and balance the body and mind. The Mudras are simply yoga for your hands. The mudras are a powerful tool for self-care and empowerment. These simple mudras can be used as needed. ** VIDEOS INCLUDED

Mudra for Calm and Focus

Mudra for Releasing Anxiety

Mudra for Releasing Fear

Mudra to Release Doubt and Increase Inner Security

Techniques used in sessions

** The following techniques may be used in our one-on-one work together. Please note that not every technique is necessary or suitable for every client. We will always work to the best of my ability and your capacity to make energetic shifts. Understand it isn't beneficial to attempt to work longer if you've already "moved" as far as you can comfortably go. It's important to allow yourself some downtime after a session for the work to integrate.

SAFE SECURE & LOVED: Childhood trauma can have a profound effect on your adult life. Even seemingly small things may have resulted in your feeling unsafe, unloved or abandoned when you were a child. Your child brain registers these and then does a fascinating thing. Since your brain is designed to keep you safe, the trauma registers as "survivable" and becomes your "comfort zone". This "comfort zone" can show up in your adult life as anxiety, abusive relationships, chronic pain and even illness. With this process we can clearly and easily identify the age you first experienced the trauma. Then we will help the childhood you heal by using the greatest healing force in the world—your own compassion. Once the child is feeling better, we then create a safe place for them where they will always feel secure and loved.

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DNA RELEASE: This is a technique I developed to allow my clients to release inherited patterns quickly and effectively. We all carry patterns we got from our parents (and they from their parents...and so on). Some of these are good and really beneficial...others, not so much. These negative hereditary patterns (also sometimes known as ancestral patterns) can be easily identified and may be the thing holding you back from your goal. Some of these patterns may have been passed down to you through a number of generations.

When we work with one of these patterns it is because you are the first person in your lineage with both the desire and ability to release it. The DNA Release process will be used to first release this pattern from your own DNA and then also to release it from your ancestral DNA. This provides freedom from the old pattern for everyone. This is a simple but profound process and many have described it as feeling like a "weight lifting from them". You are an active participant in this process and will be able to "see" the old pattern leave your DNA strands. DNA Release is done in our one-on-one sessions.

SOUL CONTRACTS: Relationships are our greatest source of both pleasure...and pain. They are how we experience ourselves as human. The major relationships in our lives are actually contractual arrangements called soul contracts. These contracts are formed before we are born and are designed to help move us toward greater personal and spiritual growth.

Signs of an incomplete or unfulfilled contract are when you experience a persistently negative or unpleasant relationship. This is especially true if you still carry unresolved emotions many years later.

This work involves determining who is on each "side" of the contract and identifying the "terms" of the contract. Once we understand these, we work on what it is you are supposed to learn from the contract. The final phase is contract resolution, also known as fulfilling your contract. This is where my special expertise comes into play as I guide you through this process. Contract work is done in our one-on-one sessions.

Please Note: You don't have to believe in this, only be open to "considering the possibility" of soul contracts.

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PAST PERFECT: We all have “imperfect pasts” and things in our lives we would like to be able to go back and change. This process allows us to journey back to that time in your life and make the changes you need to move forward. Past Perfect work is done in our one-on-one sessions.

RECONSTRUCTION: This is a valuable technique that I created. Since so many come to me with “structural” physical issues I created a way to actually rebuild and reinforce any area of the body. This technique is especially useful to provide strength and support for joints and spine. We will use some creative (and occasionally surprising) things to provide this strength and support.

PHYSICAL ANCHOR: Setting up a physical anchor serves as a reinforcement for a newly established pattern. It involves choosing a simple physical motion or movement (occasionally tapping) to use as a “reminder” of a new pattern in your mental/emotional/spiritual self. Your physical anchor will be used to stop yourself from slipping back into an old (non-beneficial) pattern such as overeating. There are a huge number of applications for this technique.

LOVE LIVES ON: The death of a loved one can leave us feeling not only sadness and grief...but frequently regret....anger....guilt. Closure can be difficult. This deeply moving process provides you with the opportunity to see and speak with that person. My job is to “open the door”, guide and accompany you, however, your conversation with them is private and yours alone.

MEETING YOUR GUIDES: All of us come equipped with spirit guides. Your guides have been with you from birth and are here to help you. If you're not aware of them and don't know how to ask for their help you can be keeping yourself from accessing something wonderful. During this process you will both see and hear your guides. My job is to open the door and make the introduction ... what you choose to do from there is up to you. This usually marks the beginning of a lifelong relationship with your guides. They are a great source of comfort, guidance and wisdom. *This work is available to those in the extended 6 or 12-week programs.

I may also give you additional "homework" as needed. Details and/or video instructions will be provided.