

HEALING RELATIONSHIPS

**With Leading-Edge Body
Awareness Techniques**



Ingka Malten & Gilli Moorhawk

Almost everyone is searching
for a satisfying relationship

So why is that so hard to attain?

Why are our experiences with love and connection
so full of pain and disappointment?

Why do our relationships start out
with hearts and flowers

Yet so many end with pain, anger and hate?

In our hearts we know what we are searching for
so why does it elude us like forgotten dreams?

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Introduction

With Peak States Relationship Therapy we are introducing a completely new method to help resolve many common relationship problems. These techniques are derived from Peak States Therapy, an application of models discovered and developed by Grant McFetridge PhD and his team, the cutting edge theories developed in the Peak States models explain the connection between our cellular biology and our consciousness.

Discovered and tested over the last 25 years by Dr McFetridge this model introduces a paradigm shift in our understanding of physical, mental and emotional issues; and explains not only why many problems frequently occur in relationships and how they are caused by underlying biological mechanisms, but also how they can be resolved.

This book will introduce you to some of the findings by Grant and his team at the Institute for the Study of Peak States (ISPS) and how this work can explain and resolve many of the issues that create difficulties in all kinds of relationships; not only in your intimate and romantic relationships, but also helping to improve and deepen your relationships with your family, your friends, your work colleagues and your wider community.

There is one very big advantage to this method in regard to relationships and that is that it's not necessary for both people involved to do this work. While it may be more fulfilling to go on this journey of discovery as a couple, in many cases when a relationship hits a difficult patch, only one of the partners is interested in doing any kind of 'relationship work'. The Peak States Therapy method is one of the very few methods that can make a huge difference to a couple's relationship, even if only one of the partners is willing to do this kind of inner work.

Dr. Grant McFetridge has discovered a lot of other extremely useful applications for his basic models, including healing many physical and mental conditions like Chronic Fatigue Syndrome, ADD (Attention Deficit Disorder), brain damage, Addictions, Autism and Schizophrenia while at the same time providing the basis for improving 'normal' consciousness to bring people to increased states of functionality and well-being.

If you are interested in more information about the broader reach of his work, I highly recommend his books 'Peak States of Consciousness, Vol. I+II ' which cover his research in great detail. You can also check out the website of the ISPS at www.peakstates.com

Ingka Malten, Germany May 2014

The Most Common Pitfalls in Relationships

Relationship problems usually only show up months or years after a couple first meet but it's at the beginning of any relationship, during the dating stage, that partner choices happen. People are attracted to certain partners based mainly on unconscious drives and few people are aware of any of the real reasons that they choose 'this' person rather than 'that' one, other than having a certain 'feeling'.

Did you ever imagine that your choice of partner could be influenced by your cellular biology?

THE TRIUNE BRAIN

One biological model of consciousness is self-evident to most people. Our language already indicates that we are on some level aware of different parts of our consciousness: 'we are in *two minds*' about something', we have a *'gut feeling'* about a situation; our *'heart'* isn't in it, "it is a matter of the heart" etc.

The triune brain model was first described by Dr Paul McLean in 1960, expanding on the work of James Papez and while our recent research presents a more detailed picture, this model is a good starting point for our purposes.

McLean noted that the human brain consists of three major parts:

The Reptilian Brain (this correlates with what we term the 'Body Brain'): This part of the brain is located around the brain stem at the back of the head, and it deals with most of the unconscious functions in



the body; e.g. breathing, digestion, heart-beat, territorial and ritual behaviour, navigation and aggression. Basically all reactions to do with survival are controlled here, and this is common to all types of vertebrates. The Reptilian Brain also controls functions of sexuality and reproduction. In our model, when it comes to mating, the Body / Reptile Brain exerts a powerful influence on the mate that we choose.

The Mammalian Brain (corresponding to the 'Heart Brain') provides the functions related to social interaction, nurturing, and emotions like sadness, love and joy.

The Primate Brain, comprised of the neocortex and frontal lobes (equivalent to the 'Mind Brain') has to do with analytical thought, logic, rational decision making, language and creativity among many other higher thought functions.

Our research suggests that the Brain-System may consist of more 'sub-Brains' that have their own identity and function, but this simplified '*three-brain model*' gives us a good way of explaining some of the curious behaviour people show in their relationships.

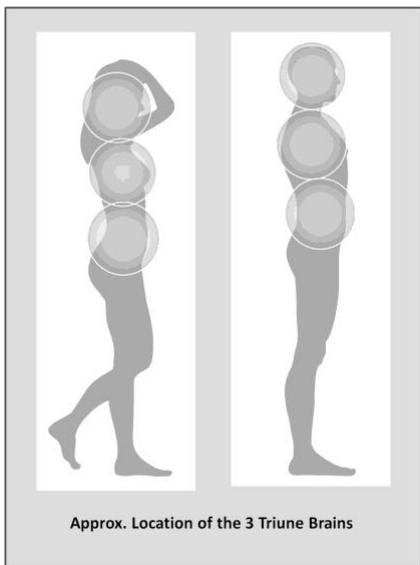
Another idea we need to introduce here is the concept of trauma. In our model, trauma is any event in your development (including in particular your prenatal biological development – the period from earliest development of the eggs and sperm, through conception, implantation, growth and actual birth) that did not proceed as smoothly as it should, causing some form of trauma damage in those earliest moments of development.

This means that even though you may not have had a major accident or illness, any kind of abuse, or a serious shock in childhood, you are still likely to have experienced trauma from some period in time before you have a conscious memory, or from even before you were born. In fact, every time you do not feel relaxed, emotionally calm and peaceful, we have found underlying activated trauma is the cause of it.

PROBLEM 1: INITIAL ATTRACTION CANCELS COMMON SENSE

When we meet someone we are attracted to, common sense often flies out of the window on the wings of adoration, romance and lust. Your rational brain may be raising 'caution' signs because "she" spends too much money, or "he" has a little drug habit, but your body is swarming with exciting hormones making you 'drunk with love' and leaving you incapable of making sensible, rational choices.

For example your Body Brain may be thrilled because this new man is attractive; he's an expert lover and makes you feel great. However, your



Heart Brain is a bit nervous because his ex-girlfriend shows up at his apartment several times a week.

Or perhaps your new girlfriend doesn't answer your calls for days, and your Mind Brain notices that you seem to end up paying for everything. But honestly - who ever listens to those boring little warning signs when your heart flutters when he calls, or your blood all rushes south when she kisses you? When the Body Brain's domains of procreation and survival are activated, common sense, logical thinking, and emotional warning flags barely seem to register. How many people look back on a failed relationship and wonder 'What was I thinking?'

It seems that when it comes to choosing a mate, dealing with the key issues of procreation and survival, it's the Body Brain that casts the deciding vote.

Sheila may become quite obsessed with Barry even though she doesn't really like him. Mentally they may share no interests and the Heart Brain may indicate it doesn't really care for him, but physically they feel very attracted to each other (Body Brain) and in fact they can't keep their hands off each other! This is why leaving a relationship that is sexually satisfying can be so difficult and also why staying in a relationship that may meet other 'higher needs' like companionship, emotional closeness and shared interests, may prove impossible if the sexual connection is less than satisfying.

However, in some cases a relationship may be all emotional and not sexual or physical at all. Possibly this may be because the Body Brain associates sexuality with danger (perhaps from a previous sexual trauma) and therefore prefers a relationship without sex.

One of our techniques called '*Triune Brain Therapy*' helps to resolve the differences between the brains so they act in unison and are congruent in making decisions. Applied to partnership issues, this means that all parts of you; mind, body and heart are in agreement that you want (or don't want) this person as your partner as a result.

PROBLEM 2: PROJECTION – 'THEY' HAVE A PROBLEM

Sometimes you are absolutely convinced that the other person has the problem, feeling that if only 'they' would change everything would be fine. This is usually an indicator that a so-called 'projection' is going on. We are doing this because two of our brains have had injuries during their development in the past and as a result still have a problem with each other in the present.

Rather than feel this inner conflict all the time, we project one end of the problem onto other people around us. We may for example be convinced that we are surrounded by angry or dumb or inconsiderate people, but

actually we are projecting our own repressed anger / incomprehension or inability to connect onto other people.

By healing these projections we can reclaim disowned parts of ourselves and heal our perception of others. Interestingly, the effect of healing those issues is very often that the other person does not even seem to be angry / dumb / inconsiderate anymore, which is quite amazing to observe and experience.

Projections along with cords - which we will talk about later on - cause the most discord in existing relationships. (No pun intended!)

PROBLEM 3: RELATIONSHIPS FOR ALL THE WRONG REASONS

The next thing you need to understand about your Brains is that they each have a particular way of 'thinking'. The Mind Brain thinks in analytical thoughts, the Heart Brain thinks in emotions and the Body Brain thinks in sensations. Body Brain thinking is extremely fast, much faster than conscious thought, which is great for survival but sometimes it's way of "thinking" is by associating. However, it can mistakenly associate things that actually have no connection at all and it can be very stubborn about letting go of stuff that it believes is necessary for your survival and well-being.

A: BODY BRAIN ASSOCIATION

Pleasant sensations and memories from your childhood may also get associated in some way. For example if your Body Brain has a positive memory about someone in your past eg. a heavy set, dark haired male family friend who rescued you from some unpleasant situation when you were ten years old, you may find you have a particular liking for overweight, dark haired men when you start looking for love partners. That person provided kindness and security to you, so your Body Brain associates kindness and security with all large, dark men . You may think you are

attracted to your partner because of his sense of humour but it may be because they remind you of someone you met when you were a child.

A well known example of this ability of the Body Brain to cause people to go for the same kind of person is Boris Becker. This German Tennis Pro was famous not only for his great tennis game, but also for the sometimes embarrassingly similar type of women he would choose to date. They invariably had black hair, a dark complexion and were exotic looking. The tabloids would issue regular reports on the almost ridiculous succession of his stereotypical lovers.

So what about you? Your friends and acquaintances usually notice this pattern long before you do: your new flame seems a lot like your old partner. Is that a familiar pattern you follow? Do your partners always look the same? Do you have this 'thing' for willowy blondes / temperamental brunettes / sulky athletes etc. (insert your preferred type here).

If you recognise this pattern, you may be having a Body Brain Association linking the partners you choose in current time with a person with whom you had a very positive connection many years in the past. Now that in itself is not a problem, except you may overlook a beautiful person who would otherwise be your ideal partner but does not meet your Body Brain's preferred standard.

It becomes a problem if the association was a negative one in the first place: past bad experience with someone gets associated with a perfectly innocent person in the present, making him or her unacceptable to you for no tangible reason.

B. SOUL PIECES

Another example of the Body Brain's way of creating subconscious memories by association is its ability to create so called 'Soul pieces'. This mechanism dates from a trauma you went through while still in the womb. The normal instinctive reaction for a child is to reach for or find his mother if

he feels threatened. However, if the trauma happens while the baby is still in the womb then he would reach for his mother with his consciousness.

The perceived threat would occur during a affecting trauma that may have been something as common as your mother inhaling toxic exhaust fumes during her pregnancy and those fumes circling through her bloodstream, passing through the placental barrier and poisoning you; or your mother perhaps stumbled and bumped her belly with you inside. What happens is that your Body Brain associates the emotion your mother had at that particular moment with survival. Those two things - need to survive and the emotional tone - become a sort of inner equation, and thereafter you only feel safe if that particular emotion is around. In fact, your Body Brain even makes little emotional containers to carry that emotional tone around with you. Some Shamanic traditions also recognise these 'Soul pieces'. The same mechanism can also cause you to 'attract' partners with a particular emotion, because you only feel safe with someone who emits that same emotional tone.

For example a man was always attracted to angry women, but for years thought he was attracted to them in spite of their anger. It turned out he had experienced survival type trauma while in the womb and at the same time his mother had been feeling angry. He linked the angry feeling with surviving and in his adult life still connected survival with being in relationship with an angry person. He realised he would actively goad his partner to be angry if he was feeling anxious about something else as then he would somehow feel better. You can see that this mechanism can explain why people do strange things that don't make logical sense.

These subconscious patterns drive our attraction and make *'this person'* so attractive to us, and *'that person'* not interesting at all. This is why it's very hard for our friends to match-make for us. They know a really nice person and invite you both for dinner, and you take one look and wonder how they could possibly have thought you might find this person attractive!

C. TRIBAL BLOCK

In Peak States research we have discovered another mechanism caused by our Body Brain's tendency to hang on to something because it believes this has always been there and therefore needs to be maintained in the present. The origin dates back fairly far in your prenatal development and describing the actual cause would require more detail than this book can cover. Refer to the Peak States books for more information. We call this phenomenon 'the Tribal Block' and unfortunately it is a serious problem active in virtually everyone today.

The Tribal Block problem controls and limits one's own behaviour with respect to goal achievement, life planning and change. What happens is that the Tribal Block compares each person's situation and aspirations to the standards of the Tribe (those near and dear to you, your family and friends), the environment, society, or nation and unconsciously lets you oppose everything that is too far out of the Tribal norm. In its worst form it can be the cause of extreme nationalism, racism and xenophobia.

So while this can cause rather serious problem in the groups you affiliate yourself with as well as your own development, the Tribal Block can also influence your partnership, starting out from why you want to have a partnership in the first place, and interfering with your partnership later on whenever there is a threat of any change occurring.

So have a look at yourself:

Why did you decide you wanted to have a romantic relationship? Common responses to this question include:

- It's what you do, isn't it?
- My friends all have partners, and I feel left out
- My mother keeps nagging me to get married

Most people have one or more of these underlying motives for entering into a relationship, but they are seldom conscious of any of these influences. Do any of these reasons apply to you and your partner?

- Did you actually make a conscious choice to proceed into the relationship with your partner, or did you drift into it without really realising?
- Do you find there are rules in your partnership that you never really imagined would be a part of your relationship?

The Tribal Block is an obstacle that generally tries to keep us stuck in old, familiar ruts. It sabotages not only our growth and development as a person, but also our ability to create and evolve happy fulfilling relationships. It can influence couples at all stages of their relationship, especially whenever a change from the routine is occurring or consciously attempted.

E.g. one couple came to us because after the birth of their child the sexual expression of their relationship had dwindled to nothing. It turned out that their 'tribe' had a rule 'You don't have sex with mothers / mothers don't have sex' which subconsciously drove their behaviour. After having done the ISPS process for removal of the Tribal Block, they resumed their previous sexual relationship. There was a case where the Tribal Block was also causing problems with sexuality.

My husband, two children, and I have all had the SMT process. This process has truly changed our lives for the better. I have noticed that I have felt the 'heaviness' gone from working on goals and daily tasks. I am more able to get my tasks done without feeling blocked. I feel much less resistance to working on my priorities. I have noticed that I am less reactive to people around me. I feel somewhat removed from a lot of the drama around me and can more easily think clearly rather than get pulled into emotions. People around me seem to respond more positively towards me and 'like' me quickly. J.B, Canada

PROBLEM 4: CORDS - CONNECTING THE DYSFUNCTIONAL WAY

The interactions between people in a relationship are often driven by something we call 'cording'. Cords are energetic structures that connect people and are formed around pre-existing trauma. Cords are the basis for more severe relationship issues like co-dependency, but some type of cords are present in virtually every relationship or longer interaction between people. The characteristic property of a cord is that it makes a connection between two people with complementary trauma.

A particularly clear example of this problem is the intimacy / distance problem that occurs in many relationships. It's almost as though there was a measuring tape between the two people. One person tries to get closer and the other moves away; leading one person to complain they aren't getting enough closeness and intimacy and the other to say they are feeling smothered and need more space.

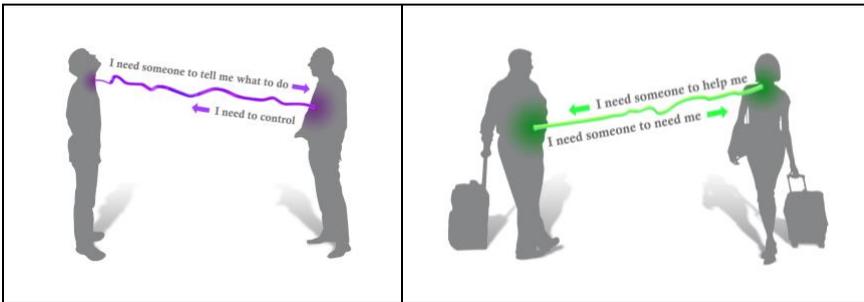
Interestingly, if the person requiring more closeness changes their behaviour and starts backing away from the relationship altogether, the other will almost always start to pursue, as the 'right' distance **must** be maintained between them. On the other hand, if the person needing more freedom tries to shift towards having more closeness, the needy person may instigate some sort of drama pushing them back to the old distance between them.

Comparing notes with several of my friends, it seems to be a common pattern that once they decided they were fed up with their ever-absent partners and decided to quit their relationships it was quite a surprise to find the errant spouse suddenly back on their doorstep. And so the dance begins again.

Since deep down most people want a true heart based relationship, rather than a relationship steered by subconscious trauma, it makes sense to eliminate these cords.

I had a friend who was in a very unhappy marriage but seemed unable to leave his wife. He said he had wanted to call the wedding off but was persuaded it was only pre-wedding nerves. Every year he went away on a golfing trip and convinced himself that he would leave his wife when he returned home. 25 years later they are still unhappily married.

There are ways to de-activate individual cords, but the more effective solution is the generic process ISPS-licensed therapists use that allows these cords to dissolve painlessly, freeing both parties to connect on the basis of love and affection, rather than need, and not be stuck in this restless and stressful 'push-me pull-you' dynamic. If the relationship is formed on a foundation of true connection and love and affection, dissolving the cords will only strengthen their loving bond. If however, the cords are the main thing keeping the relationship together, removing them will allow the relationship to resolve with less of the pain and difficulty a corded separation causes.



Examples of some underlying beliefs in cording:

I need to be needed ↔ *I need you*

I need to control ↔ *I need someone to tell me what to do*

I want intimacy, 'I want to merge with you')



I want a connection but want to keep my freedom

I am stupid



I am better than you

I had broken up with my boyfriend but still felt a really strong connection to him. I met another man one day and invited him home for a coffee. He stayed for an hour, then left. Within 5 minutes of his leaving my exboyfriend called me, even though we hadn't spoken in months. This is an example of how cords work. The ex-boyfriend sensed me "breaking lose from the cord and tried to re-establish the connection".

The SMT process developed by the Institute for the Study of Peak States not only eliminates cords, but also removes the Sensate Substitute for Soul Pieces and Tribal Block.

AN INTERESTING SIDE EFFECT OF THE SMT PROCESS

Few people, apart from advanced meditators, experience a quiet peaceful mind on a regular basis. In fact few people realise just how noisy and busy their brains are all the time, until the chattering brain is switched off and suddenly there is silence! The mind, which is supposed to be a servant to the human being has become the master and runs the whole show.

'Monkey Mind' is a popular term to describe how the brain jumps from this idea to that thought and back again and the simple process of writing down whatever is going on in your brain, for example when you can't sleep at night, will show that there may be only 5 or 6 thoughts in there, but they are buzzing around so fast and so repeatedly, that you think there is a whole troop.

PROBLEM 5: GROUNDHOG DAY - REPEATING PATTERNS

In case you are not familiar with the allusion to "Groundhog Day": this refers to a very touching movie where the protagonist keeps re-experiencing the same day over and over. This serves as a metaphor about repeating patterns in our lives. If you think about it for a few moments, you are likely to realise that a particular way of feeling, or some particular uncomfortable negative emotion is not a one-time event in your life, but has happened before, often much earlier in your lifetime .

The events may initially seem quite different, but it's the feelings the situation evokes that are the repeating pattern.

You may feel like your partners are always rejecting you, then you realise the sensation is the same as when your parents got divorced and you didn't see your father very often. It's an 'Oh no, not again!' feeling. You may notice that there is a physical symptom or sensation you feel when this situation happens again, and this is a good way to recognize and heal the pattern.

So do you have a repeating relationship pattern?

Repeating patterns could look like this:

- Your typical relationship just lasts for about 3 months, then you suddenly feel bored with this person, who just yesterday was fascinating and wonderful, and you feel compelled to go and find someone new
- All the people you meet / are attracted to are unavailable (married, living far away, gay) and those who are interested in you and available for a relationship are somehow unsuitable?

We refer to these types of patterns as biographical trauma. That is if certain events re-evolve identical emotional and physical feelings time after time. As surprising as this may seem, the problem also dates back to prenatal developmental trauma. Very often this is combined with problems that already existed in previous generations of your family. We frequently hear of clients who learned that their grandparents or great-grandparents had similar problems decades ago.

OTHER PROBLEMS

Soul Loss

Many shamanic peoples describe soul loss as a cause of sickness and other problems and in these traditions, soul loss is when parts of the psyche are broken and disconnected from the whole. Our description of a soul loss is not too far from that. Soul loss occurs when part of our 'self' or our 'awareness' is split off due to an experience of extreme emotional pain.

This part carries the pain locked within it and protects us from having to feel that pain on a daily basis. However the more 'loss' we have the less of our 'self' is available to us. This can lead to a feeling of being incomplete or also

having a deep longing for someone; or missing someone or something, and being sad, or even depressed about it.

For example one of our students felt very sad and it turned out to be feelings about the foreseeable ending of his relationship. After having healed a quite extensive soul loss trauma, he later found the actual separation not all that difficult. Even though the couple loved each other very much, they had very different goals in life and came to realize that it was better to end the relationship. This had been clear for quite a while, but the relationship in part was maintained out of the fear of feeling that soulloss.

COPY

Ways of relating and behaving in relationships may also be copies of other peoples' emotions, most frequently the parents'. For example, one client was always worried that something might happen to his partner. It turned out that he had copied his mother's feelings of worry which she used to have whenever his father was late coming home. The way this works is the person with the copy experienced some kind of traumatic event while watching the original person displaying the behaviour the client copied. Copies are one type of trauma that is not really recognised by any other types of treatment or psychotherapy, which makes them extremely difficult to heal because few therapists are even able identify them.

Designing your optimal relationship

Most people tend to overlook little character flaws in the partner that they recognize at the beginning of a relationship because they believe they can make the other person change. Unfortunately, this belief is a major folly, and really you do not want to build your relationship around changing the other person. If there is only one piece of information that you take away from this book, take this.

***You cannot change anyone (apart from perhaps yourself).
What you see is generally what you get – good and bad.***

So, in the beginning choose wisely. Ask yourself "Is this person somebody I can spend a long time with" and consult with your Brains about how they feel about this person.

Does your Mind Brain like them as much as your Body Brain? Can you get used to his/her little quirks and less than perfect habits?

Do you share enough of a common background to understand each others' mindsets?

Do you have interests in common? What is going to be the thing you will be creating as a couple? A child, a home, a business, a big project that goes beyond just the two of you? Make sure it is something you both agree on, preferably it is something you both have wanted even before you became a couple. There has to be something in your relationship that transcends the two of you, gives you focus and lets you act in unison.

Are you both free to grow, to develop into the next higher version of yourselves? Are you supporting each other in this?

Do both of you have an interest that is quite separate from the partner's interest? Can you do things on your own, stay apart and be your own person?

Can you talk intimately with each other about things that interest or worry you? Can you be absolutely honest with each other? Can you share important experiences in your life on a heart-to-heart level? Do you see the world through similar eyes?

Do you feel sexually attracted and physically comfortable with your partner? Is he/she somebody you can cuddle up to and relax with?

In short, do you feel that 1 plus 1 is more than 2? Are you certain that you and your partner are getting more out of life and accomplishing more than the two of you would achieve separately?

A fulfilling partnership should not be about giving things up to make the other person happy, or about getting your personal needs met, but is hopefully a real enrichment for the two of you, enjoying each other's company as well as making a contribution and creating something outside of your relationship.

Then, going over this list decide which of these things are important enough to you to do something about, in case they are not there in the first place?

WHERE TO GO FROM HERE?

Perhaps you recognized some of the problems you and your partner are facing within these pages, and now that you have realized there might be a way to fix things you are keen to do something about it.

If you are sure you are dealing only with repeating patterns (problem number 5), any therapist offering modalities like EFT (Emotional Freedom

Technique) or BSFF (Be Set Free Fast) or similar power techniques should be able to help you, because those modalities reach the prenatal origin of the trauma, even if the therapists are not familiar with that concept.

However, as we have described, Tribal Block, cords and projections are far more likely to be at the root of most people's relationship problems. I would therefore recommend you go to the www.peakstates.com website where the therapists licensed to do Whole Hearted Healing and Peak State Therapy are listed. These people are familiar with the problems we have described here and are trained to help you get rid of them. Many of our practitioners offer sessions by Skype and as they are scattered around the globe in all time-zones that can easily be managed. ISPS-licensed practitioners can conduct sessions in several languages which are listed on the website. All you need is a decent internet connection and an open mind.

Ingka Malten, the author of this book, is also available for consultation:

Got to <https://calendly.com/peakstates4you.com> to schedule your free 30 minute information call or send an email to Ingka@peakstates.com if you have more questions.

THE AUTHORS



Ingka Malten has been a practicing Naturopath since 2003 and is an Advanced Therapist at the Institute of Peak States Research. She works for the Austrian-German Office of the ISPS and helps clients from all around the world, both in person and via Skype. Ingka is also a senior trainer in the Peak States Processes and facilitates Basic Level Peak States Therapists' training for professional therapists. She lives with her partner and her cat in a small village outside Munich.

Gilli Moorhawk is a health practitioner and author of 2 books on pregnancy and infertility '*Meditations and Positive Thoughts for Pregnancy and Birth*'; and '*Miracle Baby Stories*'. She also edited '*The Cantin Ketogenic Diet for Cancer, Type 1 Diabetes and Other Ailments*' in 2012. Gilli has been interested in health for nearly 25 years with certification in many modalities including Reiki, Nutrition, Feng Shui, and Life Alignment. She is a current Peak States trainee.



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