EMOTION & TRAUMA RELEASE COACH

SKYLAR SUSTIN

IMAGINE WHAT IT WOULD FEEL LIKE TO WAKE UP AND NOT BE CONTROLLED BY YOUR PAIN, TRAUMAS, AND EMOTIONS. TO FEEL AT PEACE WITHIN YOUR OWN EXISTENCE, BE ABLE TO TRUST YOURSELF, AND UNDERSTAND THE PIECES OF YOURSELF YOU'RE HIDING FROM. TO FEEL LIKE YOUR PAIN IS NO LONGER HOLDING YOU BACK BUT ITS LESSONS ALLOW YOU TO GROW, EXPAND, & BE EXCITED TO LIVE IN THIS MOMENT!

THIS IS ALL POSSIBLE FOR YOU!

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WHAT IS EMOTION & TRAUMA RELEASE COACHING?

Muscle testing to pinpoint specific emotions, traumas, & mindsets to release

Mindful coaching for reprogramming and new integrations after the release

Intuitive channeling for deeper clarity around how trapped energies are impacting you today

ABOUT ME

I have struggled with people-pleasing, and perfectionism most of my life. I was always able to recognize the link between the body and the emotions as I struggled with these. However, it wasn't until COVID hit and my parents separated that I realized there was so much pain stuck inside me and I had no idea how to set myself free from it. I started working with an Emotion Code Practitioner and my entire life changed. My experiences of darkness and light from my healing have led me to this work I share today.

TESTIMONIALS

"I feel like our 1 session so far has helped me more than years of therapy I've done"

"Thank you for such a powerful session. I have allowed myself to feel grief about my bio dad and all the feelings attached."

"I have felt a wave of self-compassion for myself. I am letting go of judgemental thoughts of myself. I feel cleansed, with a clear perspective which the session helped so much with!"

WHY WORK WITH ME?

Subconscious work to get to the root

Cathartic emotional release

Gain lifetime clarity for greater awareness of the self

Cultivate a mindful life style to fill the space of what you release

Daily support in between sessions as you process each release