

On **Thursdays, 1-230pm**, at The Mystic Tree, Multidimensional Health Psychologist, Alahnnaa Campbell, offers **Drop-In and One-on-One Sessions** for \$70 for 30min, \$100 for 45min, \$130 for 1hr, \$160 for 1.5hrs, and \$200 for 2hrs. Sliding scale available upon request. She extends her hours when people book her time.

During **Drop-In sessions**, Alahnnaa Campbell uses Human Design, Soul Contract, Gene Keys, Astrology, and the Information Field, to help people understand themselves, others, and the situations they find themselves in, so they can operate in a way that feels good.

One-on-One sessions are for supporting existing clients, outside of her group sessions (see below), and sessions held at her home.

Come see if Alahnnaa has what it takes to support you!

Drop-In time can also be used to figure out which group might be a fit for you/your family:

All of Alahnnaa's groups are \$40 per family per session, or 5 group sessions for \$160. Email alahnnaa18@yourlifeplan.ca if you are interested, so she can put your charts together in advance.

Conscious Parenting: Monthly, Sundays 2-4pm, come spend some time with Alahnnaa Campbell.

Allow her to normalize and explain your experience using Your Family's Unique Psychology (comprised of Human Design, Soul Contract, Gene Keys, Astrology, Esogetic Numerology, Kirlian Photography as a proxy for Inside Felt Safety, and the Information Field).

Learn how to apply Esogetic, RestoreChi, Divine Healing, and Information Field treatments, to shift your experience, and avoid harmful mainstream practices (when possible).

Empowering Parents to Heal Their Kids



There's a lot we can do for our kids/families, without even leaving our home. Our kids can even learn to do things for themselves.

It takes time to learn, and it's best to see what works for us, before we invest in our own healing equipment. It's also easier to learn how to apply treatment (and teach our kids/partner) when we are feeling.

Life is hard enough, let's make some things easier.

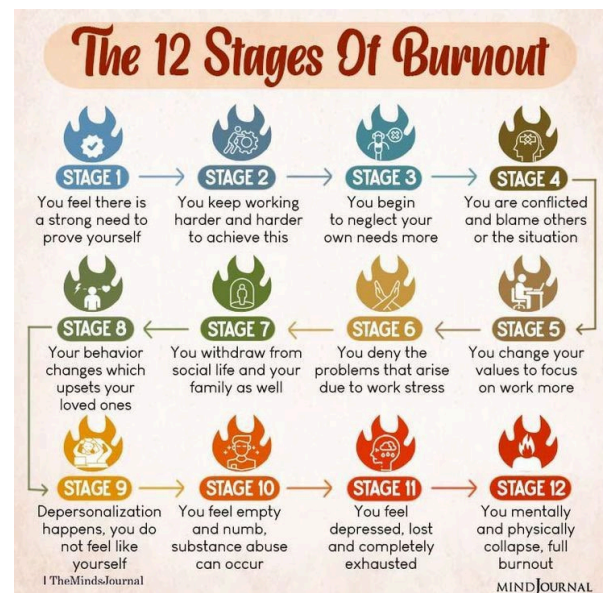
Partner/kids welcome to join this group, with something to entertain them, if they are likely to get bored.

Mama Burnout: Monthly, Sundays 10am-12pm, no matter where you find yourself on the continuum in the image below, the Mama Burnout group is for you to know:

- 1) You are not alone!
- 2) Those at risk for burnout also tend not to have had proper “call and answer” “rupture and repair” in the first 3yrs of life, which is why they try to people please, because when they feel approval, they mistake it for acceptance, safety, and love.
- 3) Human Design, Gene Keys, and Astrology give us indications on how to use our unique energy body. I’d like to help you understand, not only what would work best for you, but that we are different, so you can be more successful at using your energy wisely, to afford the things you want in life and that bring you joy.
- 4) I have a binder of Esoteric Medicine treatments for people suffering from burnout. We can apply the treatments that make sense for you in our group, to help you reconnect to who you are (instead of seeking outside approval), improve the rejuvenation and information you gain from sleep, relax physical and emotional tension, shift you out of beta-dominance, open the flow of information, and help you rest.

All within the context of being a mom (knowing the needs of our kids, and the difficulty of finding time for ourselves), understanding that the reason we work so hard, is that we don’t want our kids to suffer like we did. But maybe we take it a little too far, and the point is to find love and acceptance for our parents too...

Each session will have a loose structure of understanding where everyone is coming from, looking to gain, and sometimes we will make plans for what to do in our next session. A group format allows us to have someone hear and celebrate our wins and also validate where we are struggling.



Perimenopause: Monthly Saturdays 2-4pm.

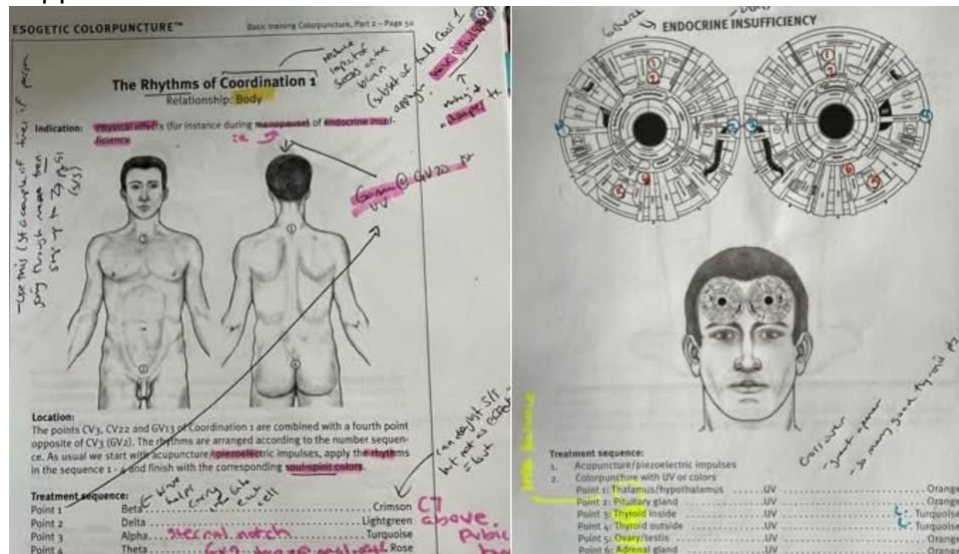
I'm concerned about the example "women who focus on women's health" are setting when they hit perimenopause. I learned from them, that the veil drops during perimenopause, and we get to see the health problems that await us, if we don't address it, when some of our hormones are low enough, to no longer be able to do their job, so we can see the weaknesses that lie beneath.

My cycle length has been unstable for at least a year. When my cycle stretches out to 30/31 days, my body starts to scream for help, with acne, mouth blisters, tender breasts and sides below my armpits (due to blocked lymph drainage). I sweat, I'm cold, I'm a bit more irritable, and I feel congestion in my uterus/ovaries, then I start to worry about cancer, which is common for women to develop, as they go through this transition.

This is the Esoteric Medicine model in action: if your hormonal system doesn't function properly, your lymphatic system can't pump out garbage, you can't "do the work", and you become degenerative, forgetting why you are here, your life cycle starts to close.

Because “women who focus on women’s health” tend to respond to perimenopause by suddenly setting firm boundaries, this tells me, that what we glorify on international women’s day, is not in the best interest of women.

I applied the treatments shown:



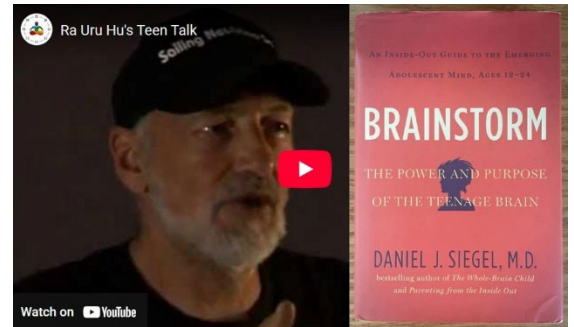
...and my delayed period started a few hours later. I ran some RestoreChi tracks overnight, and the lymphatic blocks were cleared. I went to a chiropractor, to address the structural side of head/sinus and sciatic pain, but, given that this is hormonal in origin, self massage and stretching were also required. Esogetic oil and coloured light would have helped too!

I can empower you, to understand and address what your body is trying to communicate with you during perimenopause, so you can enjoy the important role crones have the honour to play in our community.

Conscious Teens: Twice a month, Mondays 6-8pm.

Following in the footsteps of Ra Uru Hu (telling it like it is, you can find his Teen Talk on YouTube), integrating this with Dr. Dan Siegel's **ES-SE-N-CE** of adolescence (see below), and the work that I do...

We don't want anyone to lose, their: **Emotional Spark** (increased emotional intensity), desire for **Social Engagement, Novelty Seeking** (an impulsive brain searching for reward, with an increased susceptibility to addiction, and a tendency to put a lot of weight on the possible positives, ignoring indications that something might not be right for me), and **Creative Exploration**.



But we also want to reduce the risk, normalize and understand why we feel the way we do, knowing that the risk for addiction is laid down before and at birth, and that there are alternative ways to achieve what people turn to addictive substances, behaviours, and activities for.

Teenagerhood is a tough time, because teens need to find safety in their peers, in order to move out into the world, to make their own claims, for how to make it a better place.

In Esogetic Medicine, there is a gap between ages 0-12yrs (the left hand) and 24yrs onward (otherwise known as influences from our past and the impact on our present experience). There is also the notion of “the wall of puberty” where, if someone does not find someone or something to help them through their teenage years (ages 12-24), they will either fail to develop fully or not have access to what they are here to do.

It is very hard to make it through mainstream, still connected to your original life plan, and it is even harder to find people who are on a similar path.

This group will have many aspects (a meld of Gene Keys, Human Design, Kirlian Photography, Esogetic Medicine, Energy Awareness, RestoreChi, and more). To validate what you are wrestling with, who you are destined to become, what life experiences have done to you, how you can heal them, and that it is ok to be you.

We all have feelings and emotions that we want to get rid of, there are things that can help, but most important is to keep you connected to your life plan, because everything we feel are attempts at guiding us back to what we are here to do. Which is rarely what others want us to do, or what we want to do, to try to make them happy.

Parents are welcome to join us to support their teen(s). Part of the idea is to safely hand over responsibility for knowing their Life Plan and how to apply healing, so that parents can rest.