

## WHY?

- You maybe feel stuck
- You possibly feel “out of order”
- You may be in pain on any level

## DID YOU KNOW?

- Pain is your body’s warning that something needs attention, much like the red light in your car.
- By listening to these signals it is possible to reverse any deviation from perfect.
- You can return to your intended blueprint.



## HOW?

Using many ancient wisdoms, oral traditions and modern knowledge in a guided process of safely untangling what up until now has been your progression into pain and suffering. Your body’s ability to heal itself is awakened and supported.

By improving the circulation of energy, blood, lymph and nerves in your abdomen, many common digestive, urogenital and sacral/pelvic malfunctions can be easily relieved. Very gentle and relaxing, Heather’s decades of combining body and energy techniques may effectively alleviate your tissue congestion and organ constrictions.

All these physical moves are performed externally, gently guiding and supporting all flows to organs, tissues and organs back into their optimal position, towards optimal health and wellness.

## HEATHER BRUCE



As the mother of 4 children born from 1977- 1994, Heather has felt challenges in her own life. The birth of her daughter was Heather’s prompt to go well beyond her normal questing. Learning many of the obscure pathways out of severe, serious and apparently hopeless circumstances. If you feel this is also your life story - you have found an ally.

Well known in Brisbane as a natural health care professional and acupuncture consultant, Heather has always used her hands in sessions.

With the addition of the **Maya/Arvigo®** work and Jennifer **Mercier’s abdominal/sacral moves**, Heather has substantially added to her already full healing “toolbox”.

Heather’s Moving Blockages focus is now present in her **Gentling Way /Living Ligaments** courses which she is now teaching internationally.

**Come in to discover how these may facilitate your own holistic Soul/ energy /body realignment.**

**10 Kitchener St  
Coorparoo (Brisbane) 4151  
(07) 3899 2274**

**heather@heatherbruce.com.au  
www.heatherbrucehealing.com**

# CLARITY



**REALIGN YOURSELF BACK TO  
WHO YOU WERE/ARE TO BE**

## YOUR STORY:

Let's find out together what is holding you back.

**Habits.** Being 'comfy' may be slowly diluting/killing your motivation and your *Life Force*.

**Change:** To heal you have to change.

**Staying stuck** is your other choice.

Realigning with your *Soul Script* may be the most effective way out of any dilemma that seems to be keeping you blocked. How? By bringing through more of yourself; undoing your own *Inner Library* – the stories/memories/experiences caught in your body tissues held through time awaiting release.

## DECLUTTER RESET RESTORE

### HOW?

By choosing to listen less to your past, current and possibly family conditioning, and by being more open to change, you may transition through the pain and suffering that your being somewhat unconscious up until now has created.



**Actively participate in your own transformation.**

## LIVING LIFE IN BALANCE

Sometimes we can forget that being touched is a very human need. If nothing else seems to be working, perhaps we need to guide your body back to healing itself, gently, with heart. Moving your Stuck Qi and congested lymph can help your healing.

### WHO MAY BENEFIT:

#### EVERYONE (infancy to elderly)

- Any digestive disorders including Crohn's, IBS (Irritable Bowel Syndrome), Gastro Esophageal Reflux Disease (GERD), gastritis, constipation, indigestion, heartburn and others.
- Muscular aches and pains, tension, stress of any kind that is reducing your life enjoyment
- Urinary system distress (incontinence, frequent urinary infections, and so on.)
- Varicose veins/DVT/ulcers/piles/pelvic congestion
- Past and present broken tailbone/coccyx/sacrum
- Post surgical repair (scar softening/reduction, adhesions, recovery – however long ago.)

#### WOMEN:

- Transitions through life stages: puberty to beyond menopause, thus all hormonal/menstrual disorders
- Pelvic organ congestion (including endometriosis, cysts, fibroids and any other growths/disorders)
- Polycystic ovarian syndrome (PCOS)
- Chronic bladder irritability/ infections
- Pelvic organ prolapses/incontinence
- Pre-conception through postpartum care
- Discomforts of pregnancy; labor and birth preparation, post natal repairs
- C-section/hysterectomy surgery recovery
- Living comfortably again.

#### MEN:

- Sexual and reproductive health renewed
- Prostate-related dramas relieved
- Sperm quality & quantity enhanced

## IMPROVING YOUR CIRCULATION = BETTER LIFE AND SEXUAL ENJOYMENT

## WHAT TO EXPECT DURING A SESSION:

**A soothing return to all you can be.**

**Letting go:** aligning back to what was and can be.

The gentle release of *shock/trauma* stored within, the *cold* that is weakening your metabolism and circulation: the *scars* that hold wounds and their memories stuck in your energy fields.

We may start with:

- A comprehensive review of your past/ present healthcare needs focusing on belly and back incidents, reproductive and digestive health.
- Upper and lower abdominal massage to assist:
  - **Align** reproductive and abdominal organs to optimal position - thus . . . and
  - **Improve** circulation to organs - . . . and
  - **Promote** vital flow to support the body's inherent healing capacity
- Ongoing evaluation of your pelvic alignment and application of bodywork to correct/strengthen this.
- Recommendations of complimentary self help to support your return to aligned wellness that may include:
  - Perineal/vaginal herbal steams – a deeply relaxing world wide tradition.
  - Castor oil packs, home based herbal medicinal helpers and improved hydration, better nutrition, and self care.
  - Home based massage moves for all the family.
  - Lifestyle education
  - The use of a traditional lower abdomen support wrap (Faja)
- (Instruction in self-care massage to enhance your transition into being a self healing unit).