



## Holistic LifeStyle Consultation

### ***What is a Holistic LifeStyle Consultation?***

Dr. Gerali's *Holistic LifeStyle Consultations* involve psycho-spiritual mirroring and holistic energy therapy that evolved through higher guidance, prayer and meditation. It is based on the Blueprint for the Human Spirit, Dr. Gerali's paradigm for conscious, compassionate living. The purpose of a ***Holistic LifeStyle Consultation*** is to make you more aware of underlying issues, problems, blocks, illnesses and perceived limitations that interfere with health, wellness and wholeness. Dr. Gerali demonstrates how shifts in energy, perceptions and behaviors can facilitate healing. Concrete mental images and muscle memory provide positive reinforcement to inspire you on your healing journey.

### ***How is a Holistic LifeStyle Consultation performed?***

Dr. Gerali creates a therapeutic environment in a state of oneness, gratitude and prayer, then affirms readiness, openness and receptivity. Issues and illnesses are intuitively demonstrated through psychodrama, motions, positions, vocalizations and expressions. Clients are encouraged to follow along and feel the release of tension, negative emotions and blocked energy. This promotes a shift in perception and healing is experienced first-hand. After a series of scenes where priorities are addressed, clients will have the opportunity to seek guidance on additional concerns. The session usually ends with an intuitive blessing. Follow-up sessions are scheduled as needed.

### ***What makes Holistic LifeStyle Consultations unique and effective?***

It emerges from within and is guided by beliefs in a Higher Power and the creative potential for health and wholeness. The sessions are:

- Holistic – Addresses the whole being, including the mind, body, heart and spirit in harmony with the Blueprint for the Human Spirit.
- Comprehensive – Focuses directly on the root cause of problems instead of on symptoms, and addresses priority concerns in one session.
- Intuitive – Guidance is accurate as it comes from higher perception unhampered by Ego or limited knowledge or experience.
- Interactive – Client participates in the process to establish a strong facilitator/client connection; with readiness, willingness and openness, the impact is effective.
- Dramatic – Involves movements, positions, postures, expressions and vocalizations to demonstrate issues, bring memories to the forefront, and create awareness.
- Accurate – Targeted solutions are offered, and tension is released as needed.
- Non-Invasive – Rarely involves touch and is therefore safe and free of complications and side-effects.
- Unique – Appropriate and individualized for each client; each session is different.
- Focused – Addresses the most essential issues at the time of the session.
- Cost-Efficient – Requires only one or a few sessions with minimal time and follow-up; sessions may be performed in person, by phone or Skype.

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## Permanent Transforming Power

The following concepts about healing are presented not as “beliefs” but as “knowings” based on personal experience and Divine guidance. They are also based on the Blueprint for the Human Spirit, Dr. Pamela Gerali’s paradigm for conscious, compassionate living.

- 1. Energy:** Everything in the universe is comprised of energy vibrating at different rates. Healing results with a shift toward a higher, more pure, spiritual vibrational frequency.
- 2. Holism:** We are more than a mechanical body and since illness affects all aspects of our being, transformation must occur far deeper than at the physical level. Eliminating a diseased organ or tissue is not sufficient to bring forth wellness and wholeness.
- 3. Openness:** Transformation occurs when we do not resist but are open to receiving that which brings forth the highest good for us and the world. Therefore, it may not manifest in the body or in the form that is desired, but it will always be experienced.
- 4. Potential:** Our Essence is divine, loving, perfect, whole, all-knowing and all-powerful. This infinite potential within us is the source of our transformation and is unlimited.
- 5. Reality:** Experiences create our reality, or biography begets biology. To transform, the pain of past experiences and fears about future events must be shifted and released.
- 6. Alignment:** When all aspects of our being—body, mind, heart and soul—are in alignment, we experience peace and harmony. Transformation releases pain from the past and helps bring us into alignment with Truth.
- 7. Divine Order:** The universe operates in perfect, divine order. Transformation is an unconditional gift that occurs spontaneously when we are in sync with the natural flow and perfection of life.
- 8. Uniqueness:** Since we understand and respond to experiences in our own unique way, each person’s transformation will be different from that of anyone else’s; it will be perfect for them.
- 9. Oneness:** Since we are part of the whole and function as one, our transformation brings forth greater awareness to others and the entire world.
- 10. Perception:** Our earthly experiences empower us to grow and evolve, to become more awake and aware. Therefore, transformation is a shift in viewpoint and in consciousness.
- 11. Present:** By living fully in the NOW we become spiritually awakened. Transformation occurs as we are fully immersed in the present moment and are free of perceived limitations and fear.
- 12. Beliefs:** Erroneous thoughts and belief systems block transformation and the realization of perfect health. By freeing the mind from limiting beliefs, we change our life from the inside out to realize wellness and wholeness.
- 13. Gratitude:** When transformation is received in a state of gratitude, knowing that the Source already knows and is answering prayer, it can be instantaneous.
- 14. Love:** The only power present in the universe is Love. Transformation occurs when love is expressed, recognized and embraced. Fear is the absence of love and blocks transformation.

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