

Bernadette Doran

THE POWER OF ENERGY THERAPIES

Holographic Memory Resolution

with Bernadette Doran, RMT

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

— Carl Jung

Holographic Memory Resolution® (HMR) is a remarkable technique that can efficiently, painlessly and permanently resolve emotional blocks that may be preventing the full enjoyment of a healthy, fulfilling and abundant life. HMR® was developed by trauma resolution specialist Brent Baum over 15 years, working with more than 14,000 trauma survivors from the Oklahoma City bombing, the terrorist attack on 9/11, victims of sexual abuse, torture and more.

Our bodies have natural protective mechanisms that create an altered state of consciousness when we suffer stress and trauma, capturing and preserving the pain as a protective act. Painful experiences are stored in our subconscious and our body until we feel safe and ready to deal with them. However, the longer we let them go, the more likely they are to create physical problems as well as emotionally distorted ways of viewing and acting in the world – perceptions we often aren't even aware of that hold us back from living authentically and maintaining peace of mind.

HMR® is a body-mind technique that allows simple, easy access to past memories and the release and resolution of associated painful emotions, without having to re-live them. The technique begins with energy work, inducing a light meditative trance that allows the conscious mind to relax and that gently opens a very safe window into the subconscious. Guided visualization creates a self-healing process that reveals the history of a problem, pattern or illness, and resolves the attached emotions. Concluding energy work locks in positive changes to the subconscious, the body, and the energy field.

The client directs the healing at all times, choosing what he or she would like to address and resolve – physical issues, obsessive thoughts, recurring troublesome emotions. The process is profoundly empowering to clients, who often feel released from problems that may have been plaguing them for decades, and who start seeing the world and their life in a new, confident way.

HMR appointments with Bernadette Doran

First session: \$175 for 90 minutes

Additional sessions: \$125 for 60 minutes

To schedule an appointment, please contact bernadette@bernadettedoran.com