

E Ho'omanamaiola

(The Sacred Mana of Truth and Light)

DO YOU NEED SOME HELP?

Have there been times when you really needed help?

Do you need help in letting go from the past that may still be bothering you? Like felling angry at someone or feeling sad or guilty about something. Knowing that you should let it go but just don't know how.

Maybe we can help. If you are interested, please take the time to answer a few questions...

Can you think of anything from the past that you can still feel negative emotions about? Like thoughts or feelings of...

CHECK THE ONES THAT APPLY.

- ANGER: frustration, resentment
- SADNESS: depression, disappointment
- FEAR: anxiety, PHOBIAS
- HURT: Especially around the heart
- GUILT: embarrassment, shame

OR

Have thoughts of being...

- UNDESERVING
- UNWORTHY

OR

Have a FEAR of...

- FAILURE
- REJECTION
- ABANDONMENT

If you checked any of the above, we can help. If you'd like more information about what a session would be like, visit our website at: ehoomanamaiola.com or pokeandpoi.com

If you didn't check any of the above... then you are GOOD to go.