## **Identify Part:**

**Identify Resistance:** 

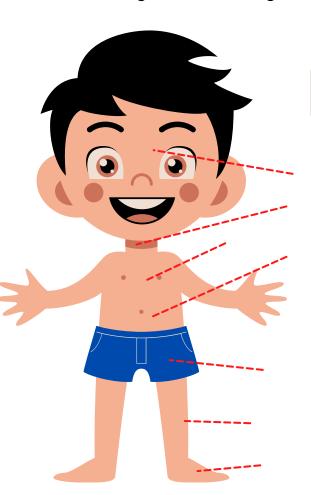


3 Steps To Somatic Alchemy & Nervous System Recovery.

**RESTORE: 3MINS** 

I HEAR YOU

I am...



RESET: 3MINS

I SEE YOU

You need....

**REWIRE: 3MINS** 

I FEEL YOU

You feel...