

Deconditioning Resources

CONNECTED CONSCIOUSNESS

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Learning your Human Design can be easy. It is the blueprint of who you are, yet depending on how much conditioning you have taken on over the years, living your blueprint can be difficult because of these beliefs we have taken on. I want to share with you some of the tools I have used over the years that have helped me to decondition and step more into my Design.

Card Readings

Desiree Nielsen

Desiree has given me many card readings that have helped bring massive realization to my world, which has empowered me to take new actions.

IG - @wolfhoundtarot

Email - wolfhoundtarot@gmail.com



Justine Beck - Bluemoon + Paper

Justine's card readings are so insightful and empowering - she is spot on with what she is picking up and how to move forward.

Website - <https://www.bluemoonandpaper.com/#/>

Email - bluelmoonandpaper@gmail.com

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Neuroplasticity Reprogramming

To Be Magnetic (TBM)

TBM offers workshops that allow you to dive into your subconscious to reprogram old limiting beliefs into ones that will serve, uplift and keep you in your true authenticity. On their website they offer a free clarity exercise.

Website - <https://tobemagnetic.com>

Quantum Sphere Healing

Sarah Hassan

Sarah uses a mixture of many modalities in order to clear old beliefs, wounds and past lives/contracts that do not serve you.

Website - <https://www.quantumspherehealer.com>

Reiki & Energy Reading/Clearing

Corrie Corrigan

Corrie mixes reiki healing with energy readings and clearings in order bring beliefs no longer serving you to the surface to release.

FB page -

<https://www.facebook.com/ClearChoiceCoachingandWellness>

Email - corrie@corriecorrigan.ca

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Business Coach

Amber Lilyestrom

Amber helps you create the soul based business you are looking for from the inside out. She starts with YOU and ensuring you are creating something that is aligned with you and not with what someone else has told you you should do or be.

Website - <https://www.amberlilyestrom.com>

Supportive Accessories

Sami Cave

Sami offers alter boxes comprised of hand poured candles with reiki charged crystals & essential oils with a mixture of standalone crystals, oils, a card picked specifically for you, jewelry, etc. She intuitively creates the box specific to you and your energy at the time.

Website - <https://www.sacaveart.com>

Coming Soon - a collaboration between Sami and I for the Human Design Types!

