

WFWP Indiana, USA: Healing with Nature's Secrets

Bruna Allen
March 19, 2022

Let's Be Real!
Women's Wisdom and More

Talks by Women with a Purpose

*Healing with
Nature's Secrets*



**March 19
4 pm Est**

Allison Harris
**Owner/Founder of OM hOMe:
A Sacred Space to Tune Your
Temple. Licensed Spiritual Healer,
Certified Personal Trainer,
Massage Therapist, Pfrimmer
Deep Muscle Therapist, Advanced
Raindrop Harmonics Practitioner**

Julia Mueller
**Owner/Founder, Author, a 20-year
Certified Clinical Hypnotherapist
in Sports Performance, Impulse
Control and Weight Loss Techniques,
Certified in Neuro-Linguistic
Programming for self transformation
and in Reiki Healing Techniques**

**"If you lose your possessions, you have lost little.
If you lose your reputation, you have lost a lot.
But if you lose your health, you have lost everything."**

This Korean saying reminds us of how essential our health is for living a happy life. As Dr. Hak Ja Han Moon explains in her memoir, *Mother of Peace - And God Shall Wipe Away All Tears From Their Eyes*, she witnessed as a child the horrors of war which prompted her to enroll in nursing school with the desire to alleviate suffering. This same feeling of compassion and concern for others motivated two local achievers in Indiana, Ms. Julia Mueller and Ms. Allison Harris, to become experts in their own particular healing techniques. Also their own personal painful experiences with physical and emotional distress, propelled their determination to gain the knowledge to heal themselves and those they serve. They graced the audience with their wisdom about natural ways to achieve and maintain good health via Zoom on

March 19, 2022 as part of the "Let's Be Real - Women Wisdom and More" talk series.

[Julia Mueller](#) has been a health detective for 20 years, with multiple certifications in Clinical Hypnotherapy, in Neuro-Linguistic Programming for Self Transformation, and in Reiki Healing Techniques, helping thousands of clients at her own "Mind and Body Connection" practice. In her presentation, Julia recounted how hypnotherapy healed her after experiencing a horrific, traumatic event that almost cost her her life, and a few subsequent years of harassment and hardship that deeply scarred her. However, she did not fall into despair. "There is nothing you can't change in your life," she declared, "but it takes certain events for other things to come to the surface," and trigger the realization of the need for resolution. As she found healing, a new chapter opened up in her life. "I so badly wanted to do for others what I was able to accomplish for myself via other hypnotherapists," Julia said. So, she went back to school in her early 40's and became the hypnotherapist she is today.

Julia explained how trauma can affect an individual on so many levels, so she coaches her clients back to a healthy balance with a three-phase care that affects both the body and the mind, for sustained renewed health. Hypnosis is a safe and relaxing technique, Julia assured, that works on the subconscious level by naturally peeling away the layers of self-defeating thoughts till the true self freely emerges. Now, at the age of 62, Julia is looking to become a more powerful healer by furthering her knowledge about the natural healing power of food. So, she is back in school and is now qualified as a practitioner of [Functional Diagnostic Nutrition](#).

Our second speaker, [Allison Harris](#) is a healer with deep Christian faith and many certifications, from Massage Therapy to Deep Muscle Therapy, from Vibrational Raindrop Technique to Spiritual Healing and Personal Training. She declared she enjoys "the metaphysical aspects of our daily experiences and find the unseen world to be quite significant in our reality," for she witnesses the Lord's miracles daily through her work. Allison's faith spurs her on in the "quest to honor the body as the Temple of the Holy Spirit, where our Creator has chosen to reside," as she prays for her clients while applying the therapy and marvels at their transformation. That deep spiritual attitude is the source of her passionate effort to "provide healing from the inside out," as she reveals, with the use of sound therapy, chromatic therapy, and Essential Oils. Allison also serves the Sacred Medicine of Kambo practiced by tribes in the Amazon Forest, to anyone looking for deep purging and resetting of their physical, emotional, and spiritual being.

Allison is also an entrepreneur in her own right. Since 2019, she is the owner/founder of [OM hOMe](#), a Sacred Space to Tone Your Temple, that is a hub for collaboration by multiple practitioners, therapists, and educators who offer their services to assist the community in the deepest, most thorough healing possible. This place is the result of a miracle, Allison said, because she did not have money, but prayed very hard and everything fell into place.

Allison's life has not been easy. She experienced domestic violence after the birth of her first child, and it took her time to finally free herself and her son. The second relationship ended abruptly after becoming pregnant with her daughter. However, her faith has always sustained her, and she has made the point of always following that small voice from within, which has indeed led her to meet amazing healers who have given her invaluable knowledge.

During her presentation, Allison said something truly meaningful. She stated that "one of the most significant things that is happening right now [at her place] is to balance the masculine and the feminine energies within, and therefore without." She serves couples and she has seen men embrace the emotional aspect of themselves and become vulnerable, admitting that they too have been traumatized and emasculated, as they felt free to cry. She believes that what is happening now in society is due to the imbalance of the two energies, and at [OM hOMe](#) a process is happening of "squeezing out all the distorted shame, guilt and lower frequencies that have kept us from our true essence."