

Your Energy and Emotions

Myrna Lapres
March 3, 2025



*Self-Care Isn't Selfish:
Heal Yourself, Your Family & the World*

**Your Energy & Emotions:
Learn How They Can Best Serve You**
Sat., March 8, 2025 10-11:30 am PT



- Join Myrna Lapres, professional family and relationship coach and educator, certified Emotion & Body Code Practitioner
- Discover how the energy of our emotions, beliefs, thoughts and intentions impact our lives & those around us for good and bad
- Learn how our body and our subconscious mind hold the keys to letting go of things that hold us back from being our best selves and living lives filled with joy and gratitude

Coach Myrna, March 3, 2025
www.coachmyrna.org/

Your Energy & Emotions

Dr. Bradley Nelson, founder of *Discover Healing* and author of "The Emotion Code" and "The Body Code" has said, "To tell the world that we have a divine Creator above us, who is real, who lives, who loves us, who wants us to be healed, who wants us to grow, to unlock our healing gifts, to ask for help, and to eventually return home, having learned to love unconditionally is our great blessing." I recently completed my certification process and I am now an Emotion Code and Body Code practitioner.

As an energy practitioner, I support clients in identifying and releasing inherited and trapped emotions in order to facilitate physical and emotional balance and

live a healthier, happier life! Energy healing is about understanding that we all have the ability to heal ourselves from the inside out. It's tapping into the universal life force that connects us all and harnessing that energy to promote healing, balance, and well-being.

I also work with Original Energy Code (OEC), developed by Kurt Sattlberger from Austria, which deals with spiritual inherited energy. He states that OEC enables us to dissolve imbalances from the individual to the cosmic level which are not in line with the original blueprint of God's creation.

The key to access the imbalances and blockages that hold us back reside in our sub-conscious mind which stores all of our memories and experiences including those that were passed onto us from our ancestors. To learn more about this energy work, **I invite you to attend a free webinar on Saturday, March 8, 2025 at 10 am PT/1 pm ET.**

Register here to receive the zoom link: tinyurl.com/Self-Care-March-8-25

Visit my website to learn more:

www.coachmyrna.org/energy-work.html

Or check out Dr. Nelson's website: discoverhealing.com/

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you already purchased my book, I would love for you to leave a review.

www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations
www.coachmyrna.org/create-connection.html

