

Take Back Your Power to Heal

5 Secrets to Master Your Healing Potential

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Second Nature Healing®



The Ultimate Natural Healing System

No.....
Date.....

The Ultimate Natural Healing System

Breakthrough



Second Nature Healing[®]



No.....
Date.....

5 Secrets
To
Master
Your Healing
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Second Nature Healing®



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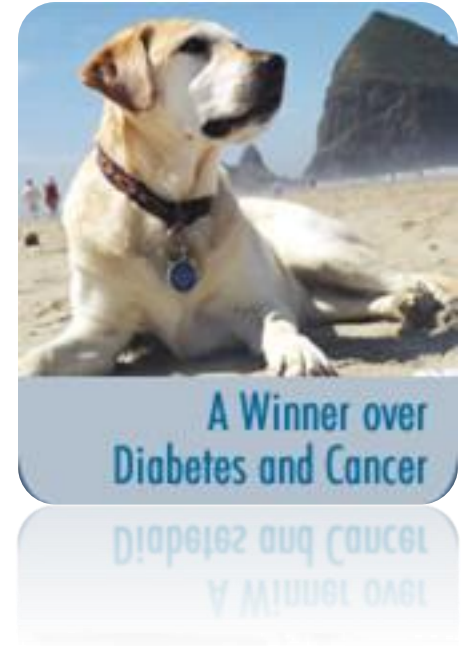
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Forgetting and Remembering

Years ago, when people asked me how I got started in my healing profession, I'd tell them a story about my dog, Ginger, whom I believe was one very important teacher in my life.

Though the story made perfect sense to me, it confused business-minded people who mainly relied on their doctors, medications, or exercise routine and diet to keep them healthy. It felt to me as though I was blazing a trail, undefined by my peers, unsupported by modern medicine, and misunderstood by friends and family. No wonder! I didn't understand my own work, what I was doing or how "it" all happened.



It was through a lifetime of learning, staying connected to life and nature, teaching biology, raising a family, and loving my dog, Ginger, that brought me to a position of remembering my Power to Heal.

What made me “forget” that I had such power?

I attribute a good portion of forgetting to trying to be a good student. My experiences in school required obedience, diligence, and hard work. I was a top student in middle and high school – the type who felt terribly guilty if an assignment was less than perfectly done.

Fortunately, my mother's and grandmother's influences on me were also very strong. My mother always told me I could be, do, or have anything I wanted – a goal she to which she also aspired. My grandmother actualized her dreams by escaping the “Old Country”, and coming to the United States through Ellis Island at the age of sixteen.

Both of these brave women had emerging power, accomplishing much more than they ever thought possible. Ultimately, however, they succumbed to the effects of society, the Depression, divorce, stress, and a lifetime of struggle.

Could their lives have gone differently for them?

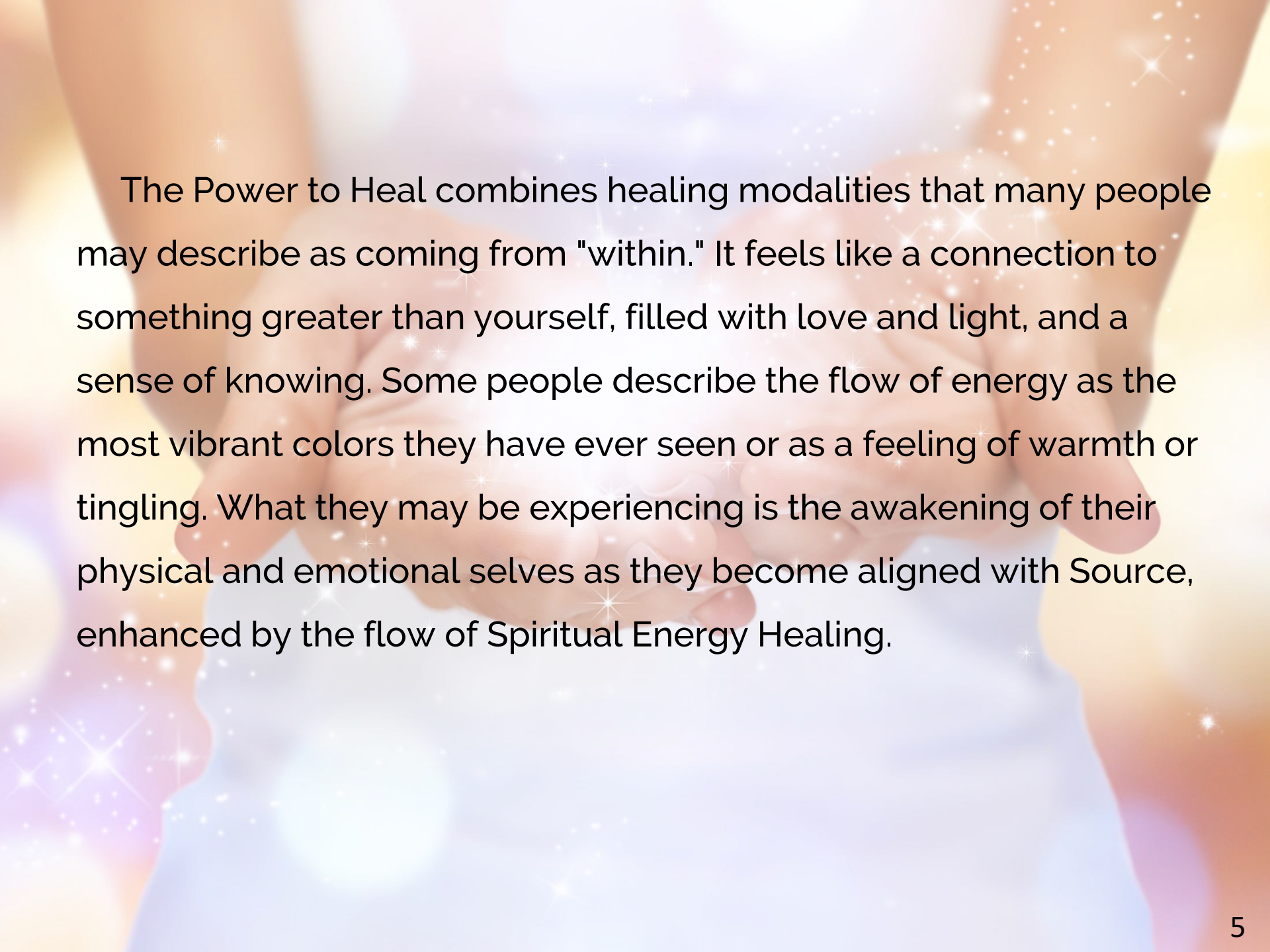
Perhaps not, but their choices and aspirations laid the foundation for new generations of powerful healers and educators.

The Power to Heal

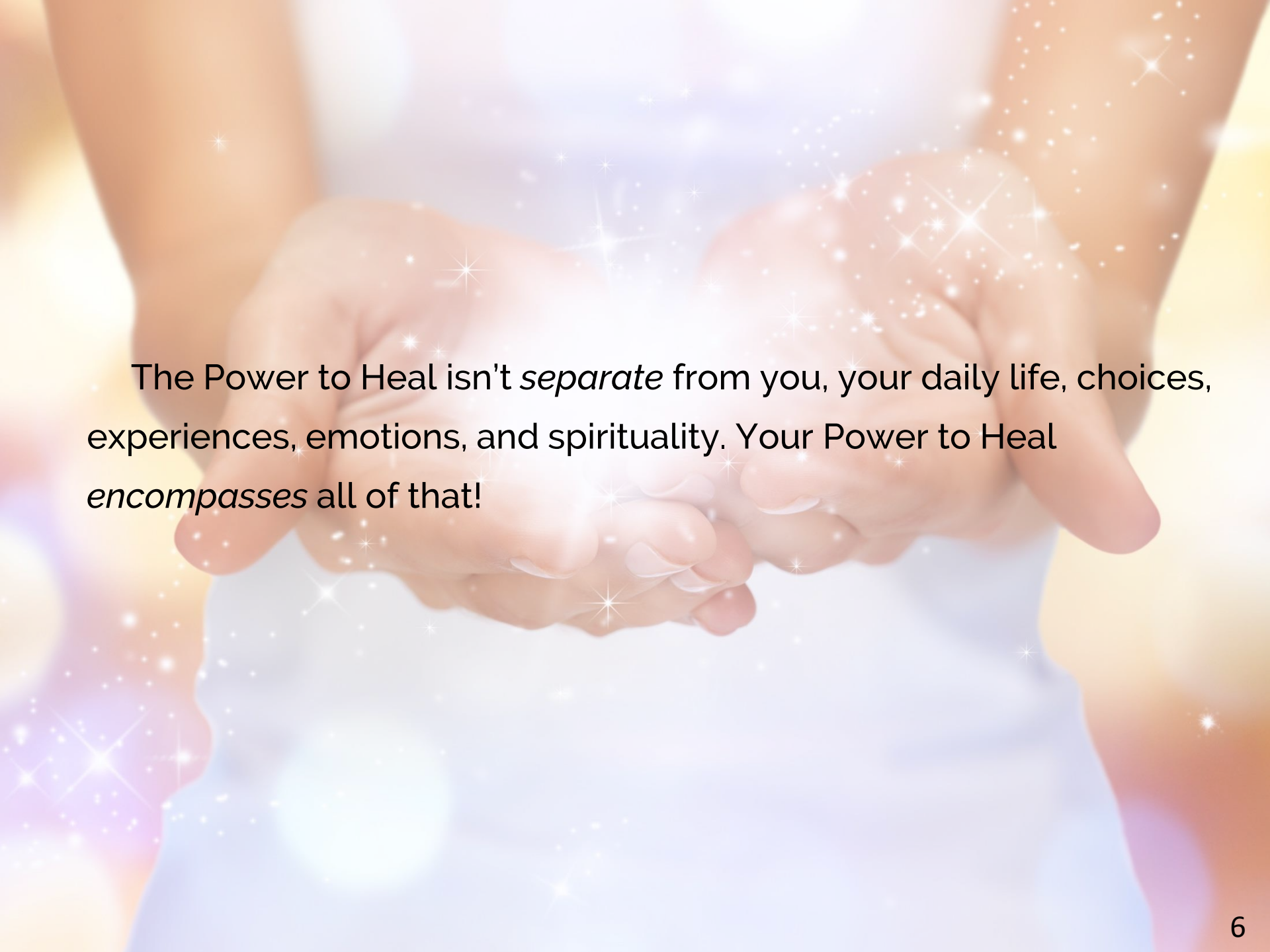
You might feel offended (or delighted) to hear that you create your reality; your health, relationships, financial circumstances, creativity, personal power, and many other aspects of your life are all determined by your beliefs. Belief's purpose is to guide your actions. What you believe to be true is true. If you become aware of a new concept – develop a new belief – you will be guided by your beliefs to take a new course of action.

Most people get this backwards.

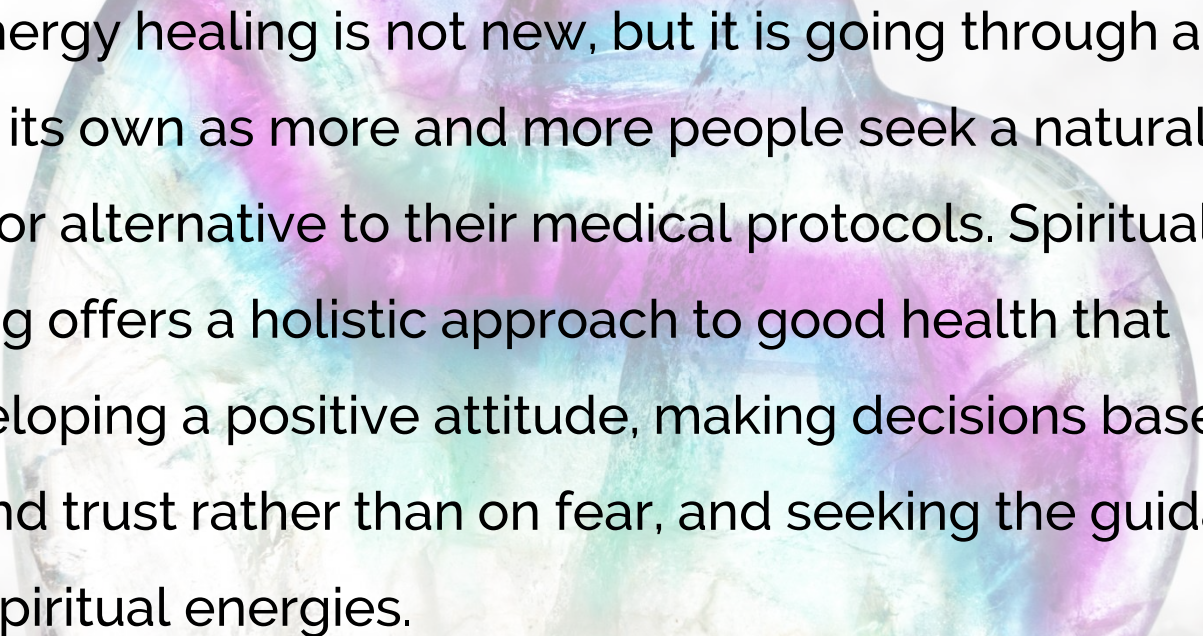
They look around to find evidence of their distress, ill health, financial worry, and bad relationships, and affirm their beliefs of unworthiness, misfortune, lack, and bad luck.



The Power to Heal combines healing modalities that many people may describe as coming from "within." It feels like a connection to something greater than yourself, filled with love and light, and a sense of knowing. Some people describe the flow of energy as the most vibrant colors they have ever seen or as a feeling of warmth or tingling. What they may be experiencing is the awakening of their physical and emotional selves as they become aligned with Source, enhanced by the flow of Spiritual Energy Healing.

The image features two hands clasped together in a supportive grip, set against a soft, glowing background of light blue and white. The scene is filled with numerous bright, multi-pointed starburst effects and bokeh lights, creating a magical and uplifting atmosphere. The hands are the central focus, with fingers interlaced, symbolizing strength, unity, and healing.

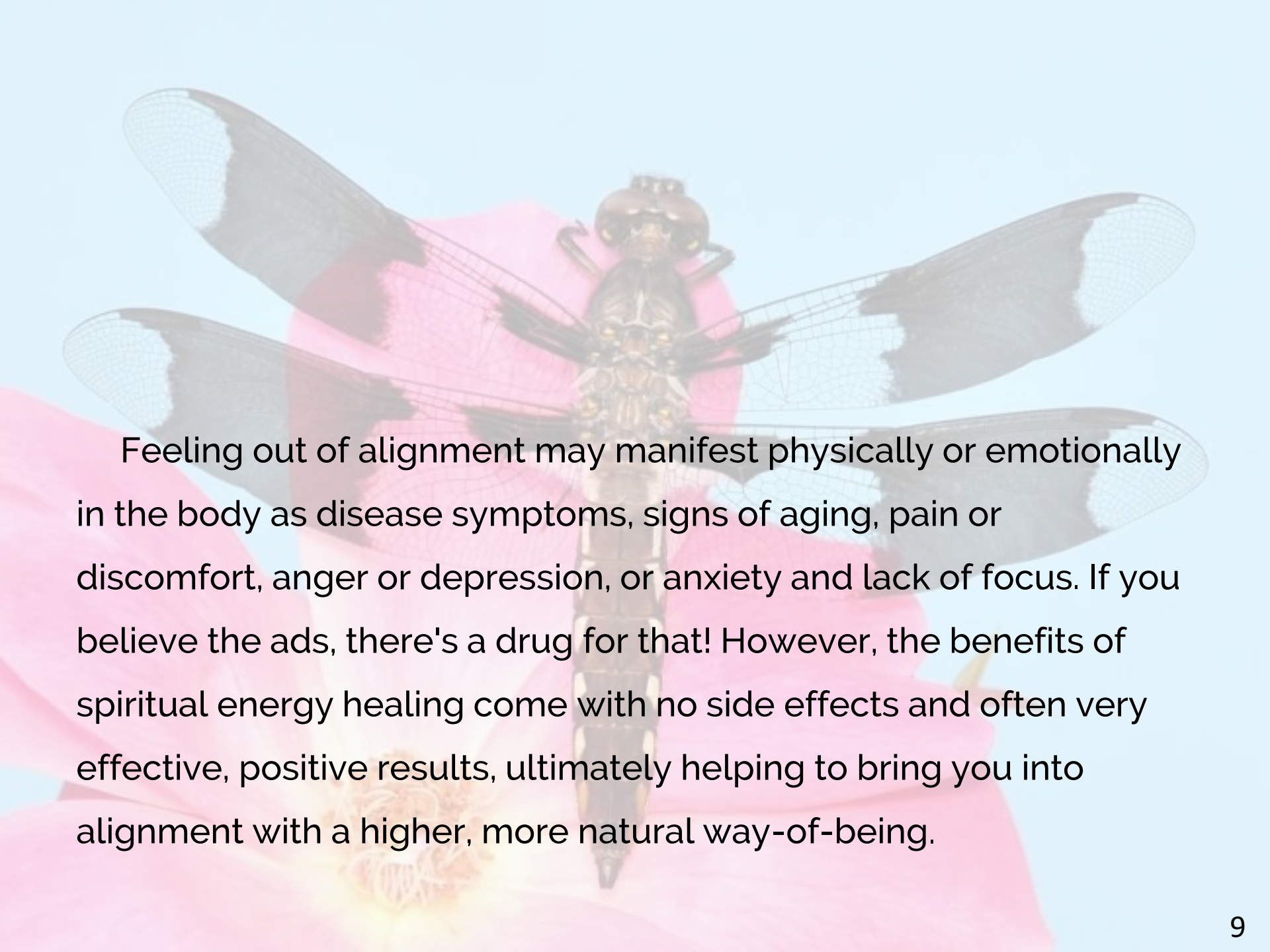
The Power to Heal isn't *separate* from you, your daily life, choices, experiences, emotions, and spirituality. Your Power to Heal *encompasses* all of that!

A large, heart-shaped, iridescent crystal with vibrant colors of purple, blue, green, and yellow, resting on a bed of smaller, white, faceted crystals. The background is a soft, out-of-focus white.

Spiritual energy healing is not new, but it is going through a re-awakening of its own as more and more people seek a natural complement or alternative to their medical protocols. Spiritual energy healing offers a holistic approach to good health that includes developing a positive attitude, making decisions based on knowledge and trust rather than on fear, and seeking the guidance of Universal spiritual energies.



Some people find it easy to meditate or pray, quieting the mind and releasing doubt and fear - the obstacles that prevent healing at the deepest level. However, sometimes the busy, stress-filled world not only becomes too much, it nudges us out of alignment with Source.


A dragonfly with a brown and gold body and transparent wings is perched on a large pink flower. The background is a soft, light blue gradient. The dragonfly's wings are spread out, and its body is positioned vertically. The flower's petals are a vibrant pink, and its center is visible at the bottom.

Feeling out of alignment may manifest physically or emotionally in the body as disease symptoms, signs of aging, pain or discomfort, anger or depression, or anxiety and lack of focus. If you believe the ads, there's a drug for that! However, the benefits of spiritual energy healing come with no side effects and often very effective, positive results, ultimately helping to bring you into alignment with a higher, more natural way-of-being.

Why Is Everyone So Sick?

In 1981 when my mother was going through cancer I was in my twenties and newly married, living overseas in South Korea. Of course, I went home to New Hampshire to care for my mother in her final months, but we didn't have any answers on how we were going to get through it all . . . in a good way.

She had hope at the beginning of her modern medical treatment that surgery, radiation, and chemotherapy would work. As she lost her strength and vitality, we somehow both knew we were fighting an enemy with multiple heads. As in mythology, as one head of the monster, Hydra, got cut off, two would grow in its place. It took Herculean strategies and assistance to defeat the monster.

A vibrant sunset scene over a vast field of purple flowers. The sun is low on the horizon, casting a warm, golden glow across the sky and the field. The sky is filled with soft, wispy clouds, and the colors transition from bright yellow near the sun to deep orange and red towards the horizon. The field of purple flowers stretches to the horizon, creating a sense of depth and tranquility.

I wish we had Hercules
on our side back then.

I used to live in fear about getting cancer. . . or some other horrific disease. Then, when I became pregnant I developed gestational diabetes. Of course, that was another (Hydra head) fear “thrown” at me – that I would be at a higher risk to develop diabetes later in life.

With my science background and training, I relied on research and medicine. I trusted what I learned in college about germs and infectious diseases. Studies linked viruses to cancer as well as Alzheimer's, so who was I to question authority?

Fear drove my motives to try to stay healthy. I didn't take anything lightly, but I didn't have answers yet, either. On the recommendation of my doctor I had yearly mammograms. When lumps appeared I had them removed immediately, even though they were only fibroid cysts. If I was sick, injured or in pain, I took prescribed medications. When my children showed the slightest sign of an ear infection, the doctor readily gave us antibiotics, to which my daughter became allergic.

I see now that my attempt at staying healthy was based on trying to fix what was wrong rather than to live differently, make better choices, and rely on the body's ability to be naturally healthy.

3 Misconceptions . . . And Truths . . . About Dis-ease:

1. Germs cause disease.

But the truth is that germs facilitate disease if the opportunity is there in the weakened body.

2. Cancer can be prevented with frequent screening.

But the truth is that screening only finds cancer that's already there.

3. Modern drugs are the best way to avoid and treat most diseases.

But the truth is that the body is intelligent and already knows how to heal when given the right ingredients.

*What Are The Real
Causes of Dis-Ease?*

The Real Causes of Dis-ease



Stress

+ Toxins

+ Poor Nutrition

+ Lifestyle

+ Beliefs

Low Vibration

Low Vibration



Low Vibration . . .

is the real, underlying cause of disease.

When you allow your energy to become depleted, lessened, lost, or compromised in some way, you become vulnerable to disease.

Also, when you carry lower vibrational energy from other people, the environment, or even your own past, you hold the potential for disease.

*The Simple Solution . . .
Raise Your Vibration*

5 Secrets to Master Your Healing Potential



The First Secret



Breathe

A subconscious reaction to stress is to hold your breath and tense your muscles.

Adding your intention to deliberate, calm, deep breathing can be your easiest and most readily available stress reducer.

Connect your breath to the rhythm of your heart. Breathe deeply, slowly, evenly.

The Second Secret

Clear and Clean

Release toxic behaviors, toxic foods, chemicals in your home, and toxic relationships.

When you CLEAR AND CLEAN, you make room for positive, uplifting experiences and conditions that raise your ultimate vibration.

The Third Secret



Learn

- Natural Alternatives, such as essential oils, Reiki energy techniques, meditation, and sound healing are all do-it-yourself High Vibrational options.
- Harmful toxins hide in foods, personal care products, vaccinations, air and water. Learn what they are and how to avoid them – or detox them from your body and home.
- Connect with your own body to know the subtleties of feeling good or unwell.
- Choose foods as close to whole and raw as possible.

The Fourth Secret

Reconnect to Life

Turn off the TV, get away from the computer and step away from the phone. When you're outside you reconnect with your greatest energy source and become more grounded.

Bring the outside IN to your environment with plants, crystals, colors, and elements of JOY.

Do you have a pet? Animals provide a wonderful stress relief when you engage with them on their level- through play, love and attention.

The Fifth Secret

Remember

You have within yourself an ability to heal and connect to infinite possibilities for the expression of health, wholeness, happiness, wealth, peace, harmony, and love.

Shift your mind away from thinking, fear, and worry. Replace thinking with emotional joy. It's the spark that lights the fire of remembering your wholeness.

The Ultimate Secret

What's WISDOM without ACTION?

What's DESIRE when FEAR holds you back?

What's FEELING POWERFUL when you're pleasing everyone
EXCEPT YOURSELF?

What's WORTHINESS when you have a hard time ACCEPTING?

The ULTIMATE SECRET means that sometimes you need a little help to reach your goals – someone to cheer you on, offer guidance, and reflect your inner voice back to you objectively so you can hear the voice of your heart.

*You Want Someone
In Your Corner
To Cheer You On*

Begin Now

Turn WISDOM into ACTION

Turn DESIRE into PROGRESS

Turn FEELING POWERFUL into HEALING yourself

Turn WORTHINESS into an ABILITY to ACCEPT LOVE

Contact Rosemary Levesque for your
ULTIMATE NATURAL HEALING SYSTEM BREAKTHROUGH
SESSION.



Second Nature Healing®



I specialize in helping
sensitive people who
are struggling with
limitations

BREAK FREE

to

*Take Back Their Power
to Heal*

Call to schedule
a **FREE** Breakthrough
Session with me.

Rosemary



Second Nature Healing ®

No.....
Date.....

The Ultimate
Natural Healing
System

My
Breakthrough



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