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HEALTH & WELLNESS



Soul-2-Wellness

Tuesdays at 4 PM PST

January 16th 2024: How to Hook-Up, Retrieve Your Soul & Manage Your Sensory Types

On Episode 6 of Soul-2-Wellness, Host Cathy Thurman will be walking listeners through an energy medicine technique called, the "Hook-Up", and she will be explaining how this technique grounds your body. Cathy will be sharing the empirically researched benefits of grounding. Continuing the topic of trauma recovery, Guest Pat Thurman, will be joining Cathy on the first half of the show to describe the healing modality of "Soul Retrieval". On the second half of the show, Cathy will be discussing the "Four Sensory Types", an energy medicine and Neurolinguistic Programming tool that she teaches

[Read more](#)



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Tuesdays at 4 PM PST on VoiceAmerica Health and Wellness Channel



Questions? Comments?
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Featured Guest



Patrick Thurman

Patrick Thurman is Licensed Professional Counselor, Board Certified and Registered Art Therapist, Shaman, and Reiki Healer. He has been studying depth psychology and alternative healing for over 25 years. He is co-owner and a main practitioner at Heroic Heart, LLC. in Tucson, AZ. For more information on Patrick, please visit his website: <https://www.myheroicheart.com>

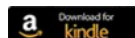
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