

# anchor. ground. turn inward.

GUIDED MEDITATION TO  
SOOTHE THE SOUL



*Dr. Jada*  
NATUROPATH



## DR. JADA

NATUROPATH AND FOUNDER OF  
THE WISE WOMAN METHOD

---

Even though I knew what I needed to do to be healthy, vibrant, and feel alive, I still wasn't doing it.

**I knew better.**

I was telling people every day how to get healthy but I was stuck. I was living a lie. I was being inauthentic.

The truth was, I was tired. I had spent 10 years working as an ND and **I was flat-lining instead of flourishing**. I was giving to everyone but myself. I trained with healers and learned more about burnout and I got myself back.

I made this handout is for you, so that **you** can get yourself back. It's time to flourish my friend, because life is short and you have big dreams. The time is NOW.



I have recorded a special energy healing meditation for women who have been feeling

- **Ungrounded**
- **Anxious with all of the uncertainty right now**
- **Like they need a easy way to relax their mind**

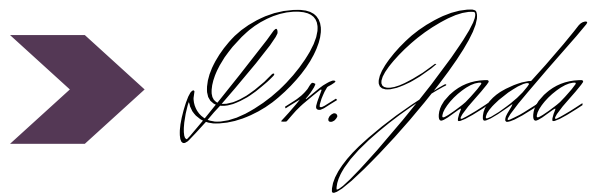
This meditation is based on years of studying Shamanistic Energy Healing and will help you **feel more anchored and grounded.**

**CLICK HERE TO LISTEN AND ENJOY**

Listen to this often to get the most benefit!



**I can't wait to  
hear how this  
meditation has  
helped you!**



NATUROPATH AND FOUNDER OF  
THE FLOURISH METHOD



If you want to join a community  
of other  
woman who are looking for  
authenticity + healing,  
you are welcome to join us!  
I offer lots of free resources for  
MIND - BODY - SPIRIT Healing.

**Join my free Facebook  
community page by  
clicking right here**

