

Therapeutic Meditation Process

"Connecting With The Revitalized You"



Connect with the Revitalized You For Health, Peace and Happiness

Co-Create Your Healthy, Peaceful & Happy Life

Join me, **Beth Wilde**, as I share with you the **Therapeutic Meditation Process® (T.M.P.)**. This mind-body-spirit process helps you to connect with & accept all parts of you- your desires, breath, body, emotions, beliefs and Something Bigger.

Therapeutic Meditation Process® will support you to heal illness, trauma & receive abundance in all areas of your life- health, relationships, money, passions & purpose. This workshop includes: the first chapter of my *Connecting with The Divine You* book, an audio lesson, a 30-minute guided therapeutic meditation practice.

This complimentary workshop is for you if you are:

- **Struggling with a health issue- anxiety, depression, weight, addiction, illness AND want to heal the root cause.**
- **Feeling stressed, overwhelmed, or exhausted, AND desire to feel more balanced, peaceful & happy.**
- **Dealing with a harsh inner critic, feel disconnected from self AND want to connect with, accept & love all parts of you.**
- **Longing to discover & cultivate your heart's desires- health, love, money, passions, purpose.**
- **A healer, health practitioner or coach (or want to be) AND desire to learn a mind~body~spirit process to support you & your clients to heal, grow & transform.**

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I'm Beth Wilde, Revitalize your health and thyroid coach, I support and teach you to heal past trauma and chronic illness using my mind-body-spirit methodology. For 35 years of my life, I experienced anxiety, depression, brain fog, and carried extra weight. In 2008, I was diagnosed with Hashimoto's Thyroiditis and in 2016, with Thyroid Cancer. That was my wake-up call that there were some deeper issues in need of love, attention, and release, that medications, lifestyle changes, and medical interventions couldn't touch. It wasn't easy (I had to peel back the layers and really look into my self) and it wasn't quick (it took years), but I healed. I believe there is a place and a time for doctors and Western medicine, but if you are 100% committed to healing all areas of your life, your soul is called to go on a journey as well. Now, I teach the Therapeutic Meditation Process® (T.M.P.), trusting that it will find its way into the hearts and lives of those who need it, and are ready to take the journey.

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