



Dr. Lauren Nappen

The Certainty Session: Spiritual and Intuitive Counsel



The Certainty Session is an essential part of Original Medicine because everything that happens to us is for us, as a way of leading us home.

It's good for us to get lost in something we can't control.

It forces us to succumb to and hopefully reinvest in the only thing that matters... love.

— Dr. Lauren

Certainty Sessions are one of those lovely surprises that soothe the heart almost immediately. As we call upon Spirit, something amazing happens. There is a flash of recognition, a deep sigh of relief and permission to breathe. Something from the outside enters and we are transformed. For a brief moment a questioning mind is settled. A sense of stillness surrounds us... and the real dialogue can begin.

What makes this process so stunningly beautiful is that because we are part of a huge and loving relationship that plays itself out with every person or belief we agree or disagree with, or are disturbed by or even love, we are instantly reminded of our worth... and then the truth can be revealed. And we can work with that... *together*.

The Certainty Session is an awakened conversation with our true inner nature. We lean on a new spiritual mantle as we call upon the counsel and gentleness of **Medicinal Plant Wisdom** to carve your best path of discovery. Through the use of forgiveness we can clear and cleanse the consciousness, developing spiritual confidence along the way. It is a heart rendering process so that what you say and how you reach into the world is in divine alignment with the heart of your heart.

You'll learn how to attune inwardly, gaining mastery of your own wise way and coming into the peace of this. As you put

greater emphasis on what you hear from your heart rather than the fear that emanates from your head, you'll grasp what it is to live the rhythm of this life without being destroyed by it.

You'll develop the habit of looking for the greater good in the simplest of ways almost as an essential source of nourishment, as a living meditation. A new level of appreciation for the tenacity of the human spirit emerges as you learn to bless the lessons born of fragility and strength because they may lead you into a future you wouldn't have dreamed of. It is here that you will find your flexibility, discovering your capacity to love large.

Certainty Sessions remind us how to love what's right in front of us, and to laugh while we're loving it so we can create beautifully in this ever evolving life.

*The **Certainty Session** is an essential part of Original Medicine because everything that happens to us is for us, as a way of leading us home — and our heart is our home.*

Certainty Sessions are wonderfully supportive during any life transition or as ongoing care. They are also an integral part of **Deep See Diving** 3 day healing intensives and one to one classes.

Skype and Telephone Sessions available.