



About your BodyMind Balance Assessment Application and Questionnaire...

This process is designed for people suffering from chronic pain or disease, trauma, behavior problems and performance issues. It's also an excellent process to help you gain clarity and improvement in every area of your life, whether you are working with health problems, feeling stuck, with relationship difficulties, or you are wanting to start a new career!

There are so many things that could be contributing to the problem(s) or issue(s), and using this method allows me to be thorough with my clients, achieving results more quickly.

I work with a select group of clients, who must pre-qualify by filling out my BodyMind Balance Application and Questionnaire. Because I take my work very seriously, and my schedule is booked so far in advance with a waiting list, my clients must meet serious criteria.

More than 90% of my clients experience changes in 3 sessions or less!

Yes, I work with animals -- but I help YOU regain your sanity, balance and clarity. In the process, we will see improvements in your health and well being as well. And by the way, you do not have to have an animal to work with me. More than 40% of my clients do not. They have found my work so valuable, that they continue to work with me on various life issues, such as relationships, career, performance and health.

Why would you consider working with me for your own needs? I learned a long time ago that in order to help the animals, I had to be able to help their people regain balance, sanity and learn to deal better with their stress. Most of the time, whatever is wrong with our animals is coming from their human family as a reflection of their humans dis-ease, imbalances and woundings. That led me on a long quest, looking for answers to the human dilemma. And obviously, my methods work!

I differ from other therapists in that I am highly trained in many alternative healing modalities. In addition to being certified in the advanced, state of the art healing modalities called The BodyTalk™ System for both humans and animals, I am one of only a few practitioners trained in the highly effective and unique Fernandez Method™ of BodyMind Assessment. I believe that this proprietary method of work is the Missing Link in healthcare today.

No one can guarantee to resolve or fix every problem for all individuals. However, I do offer guarantees. Go here to review my Guarantees:

<http://www.valheart.com/sessionpolicies/guarantees.html>

I am most interested in working with people who are:

- 1) Willing to work through and accept change
- 2) Open minded and willing to consider new concepts, try new things
- 3) Understand that healing is a journey and a process, requiring self care and commitment to self growth.
- 4) Willing to invest in their health and sanity
- 5) Committed to working with me through the issues on all levels.

Those who meet my requirements will most rapidly achieve optimum results -- for themselves (and their animals). If you are unwilling to meet these criteria, then please find another practitioner.

CRISIS & EMERGENCY WORK: Because I am booked so far in advance with a waiting list, I am unable to accept crisis or emergency work. For that reason, I encourage you to get on my schedule as soon as possible -- OR, I may be able to refer you to someone else. And, I will be happy to put you on the Waiting List in case something opens up sooner.

DO YOU MEET MY CRITERIA? If so, fill out the BodyMind Balance Assessment Application and Questionnaire and send it to me. I'll get back with you within 72 hours. If you are approved, then we will schedule your session(s).

Your session actually begins when you start filling out the Questionnaire!!

Many clients tell me that they start to feel better just by filling out my Questionnaire! I've often had clients tell me that the problem that they wanted my help with started resolving itself as soon as they spoke with me to make their appointment! And, others tell me that filling out the Form is an intense process depending on their situation and history. The Questionnaire is used as a focusing tool to bring greater conscious awareness of the real issues at hand, to bring us out of denial and task the BodyMind to go to work to balance the issue.

These are just a few comments I've received from my clients:

"I've spent a ton of money doing expensive tests and procedures, receiving frequent chiropractic adjustments, trying different counseling therapists, buying different products, seeing a host of healthcare practitioners... it's been endless and still no real, lasting relief in sight. Nothing has helped me as much as working with Val. I've experienced dramatic changes in only a few sessions! I didn't think it was possible to ever feel better but I'm so glad I found you! And for anyone considering doing this but are worried that you can't afford it? You can't afford NOT to do this!!!" -- Vickie Chadwick, San Antonio, TX

"The changes have happened so rapidly! I've only been working with you for less than two months and I've processed so much. I started with deep depression, anxiety, obsessive behavior, chronic pain in my back and neck, and a chronic virus in my eye that had been there for over a year! I feel really, really different. My energy level is much better; I'm not worrying about my business; I'm not obsessing, crying or having dramatic emotional upheavals; and, the pain is gone! This is such a subtle, gentle process, I'm just amazed. Thank you so much!" -- Marilyn Courchesne, San Antonio, TX

"Only a few months ago, I asked Val to work with my 8 year old grandson. He was acting out badly, was disruptive in school, uncooperative, angry, lashing out at everyone. He couldn't seem to focus, and was easily sidetracked. In only a few sessions, he's become the most cooperative, courteous, helpful little boy I've ever seen! His health has also improved a lot. I am so happy to see the changes. Thank You, Thank You, Thank You!" -- Estela Vega, Bulverde, TX

"The work that Val Heart and I have done together has been transformational. She has helped me uncover hidden emotions about events that I have worked on for decades. It was so freeing to arrive at "fresh air" after going in circles for so long. Val is so empathetic that I immediately felt comfortable working with difficult events and emotions. It's as if she has the tiniest of hands that can reach right in and ever so gently touch the unseen, unfelt hurting parts and bring them up to consciousness for recognition and release." -- Cat Pettit, Bulverde, TX

SCHEDULING AND THE APPLICATION PROCESS: The BodyMind Balance Assessment process takes approximately three one hour sessions to complete (more time per session may be needed depending on the number of people included in your session – best for family rebalancing). I recommend scheduling them in advance once a month -- more frequently depending on the situation. Some clients may take more than three sessions if their history or situation is more complicated. After three sessions, we may re-evaluate to determine what is still needed, if anything.

Each session may include BodyMind Balance Assessment and/or BodyTalk System therapies. What is done in your session will depend on what your priorities are, and on what your goals and challenges are.

And, if at the end of your first session you don't experience any changes and I can't see any changes, you don't have to continue.

