



**READ THIS ONLY if you suffer from chronic pain, illness or disease, or if you feel stuck in your life, and you are now ready to move forward more quickly...**

### **Val Heart's Quantum Leap™ Application and Questionnaire...**

Often chronic pain comes because of something that is bothering us in our life, usually sourced in our unconscious mind. Our bodies are designed to heal quickly and efficiently – it is part of our survival mechanism. If we were not designed this way, we would have died off a long time ago. The Quantum Leap™ process is about uncovering what is still unresolved so our bodies can heal, and we can move forward in our lives.

The Quantum Leap process is designed specifically 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, business goals or you are wanting to start a new career!

**HOW QUANTUM LEAP DIFFERS FROM BODYMIND BALANCE ASSESSMENT:** This process differs from the BodyMind Balance Assessment work in that it is much more intense and requires more time to work through the issues. It is essentially a proprietary method of talk therapy based on years of research and advanced training. Each Quantum Leap session requires two hours to complete and I recommend a minimum of three sessions. There are so many things that could be contributing to the problem(s) or issue(s), and using this method allows me to be much more thorough with my clients.

*"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*

**PRE-QUALIFICATION:** I work with a small group of hand selected clients, who must pre-qualify by filling out my Quantum Leap Application and Questionnaire. I take my work very seriously, and since my schedule is booked so far in advance with a waiting list, and also because this is such time intensive work, my clients must meet serious criteria.

1. Do you have one or more chronic health or life challenge issues that are not getting better regardless of what you have tried?
2. Have you struggled with this problem or issue for a long time?

**I use proprietary methods designed to be effective in working with chronic conditions that no one else has been able to resolve.**

I have dedicated my life to helping people. If you are serious about getting better, then I believe I can help you.

*"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*

I differ from other therapists in that I am highly trained in many alternative healing modalities. I am one of only a few practitioners trained in the highly effective, unique, state of the art Fernandez Method™ of BodyMind Assessment. I believe that this proprietary method of work is the Missing Link in healthcare today.

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

Yes, I work with animals too -- but I help YOU regain your sanity, balance and clarity. More than 40% of my clients do not have animals. 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.

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.

**DO YOU MEET MY CRITERIA?** Fill out the BodyMind 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 sessions.

***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.

**GUARANTEES:** 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>

**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. I have a Waiting List and will be happy to put you on the list in case something opens up sooner.

***"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***

***"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***

**SCHEDULING AND THE APPLICATION PROCESS:** The Quantum Leap™ Method takes approximately three two hour sessions to complete, and 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 health history is more complicated. After three sessions, we may re-evaluate to determine what is still needed, if anything.

In between Quantum Leap sessions, you will be required to receive other healing modalities, including but not limited to the BodyTalk™ System and BodyMind Balance Assessment sessions. You may do those with me, or work with other practitioners you are comfortable with.

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.

As soon as you've completed filling out the Application and Questionnaire, make a copy for your own records.

