

QUANTUM IMPROV (QI) SESSION

Need a personal experience to feel differently about a past, present or future situation? Do you want to bring something into your life or make peace with something that is? Think outside the box and reset how it affects your energy by creating something together and send it out to the quantum field of limitless possibilities.

Do you have a wish that you've been holding on to? Perhaps it is deeply personal or some desire that you've always wanted to achieve, and you or others have deemed it “unrealistic.”

Here is a way to think about it: Maybe it's a conversation that you never had a chance to have, a goodbye that you couldn't deliver, or an apology that you're still waiting for. Is it a great story that you've been keeping bottled up inside because you wondered what could have happened if you had only done this...instead of that during one of your life milestones? Did you finally land your dream job?

Whatever it may be, let's discover it together. When you are hanging onto those woulda, coulda, shoulda's moments in your life they can wreak havoc by playing them on repeat in your energy field. Let's co-create using fun and imagination to transform the stagnant feelings you're holding into something more positive. Evolve into the butterfly (or moth) with me; this is your story to tell.

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A Quantum Improv (Qi) session is all about world-building – changing your point of view to SEE and feel things differently. Think of it as an emotional Bob Ross painting, where you can create your own happy little world. If there's garbage on the riverbank of that world, will this session remove it? No. But we can paint over it with happy little trees. Imagination is a superpower, and this technique is a delightful way to cook up some energetic comfort food for the soul.

During the Qi session, we'll create an emotional response to your desire, which will send out love-energy from the heart chakra into Time-Space. This emotion is designed to stop the logical mind from trying to find the who, what, when, where's and whys to solve the problem, and instead just to connect with the feeling of having what you desire, or the closure that you seek. We simply “cut to” that moment in time and improvise the scene for when it has come to fruition. We can do it on one of your social media channels, in person, on a Zoom call...whatever you want. You don't have to "act" like anyone else – just be yourself. Trust this seasoned improviser to take care of you "on stage," whatever that looks like for you. I'll help you SEE yourself as the main character you truly are.