

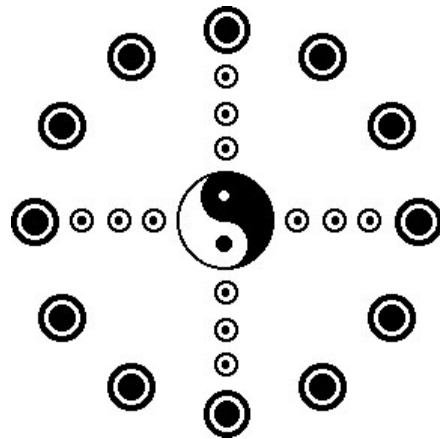
An Introduction To

MountainHeart

***BodyGuide™ BodyWork &
Total Person Facilitation***

***Transformative BodyWork*
*Body-Centered Coaching***

*An integrated approach to holistic and
complementary healing.*



Craig McLaughlin

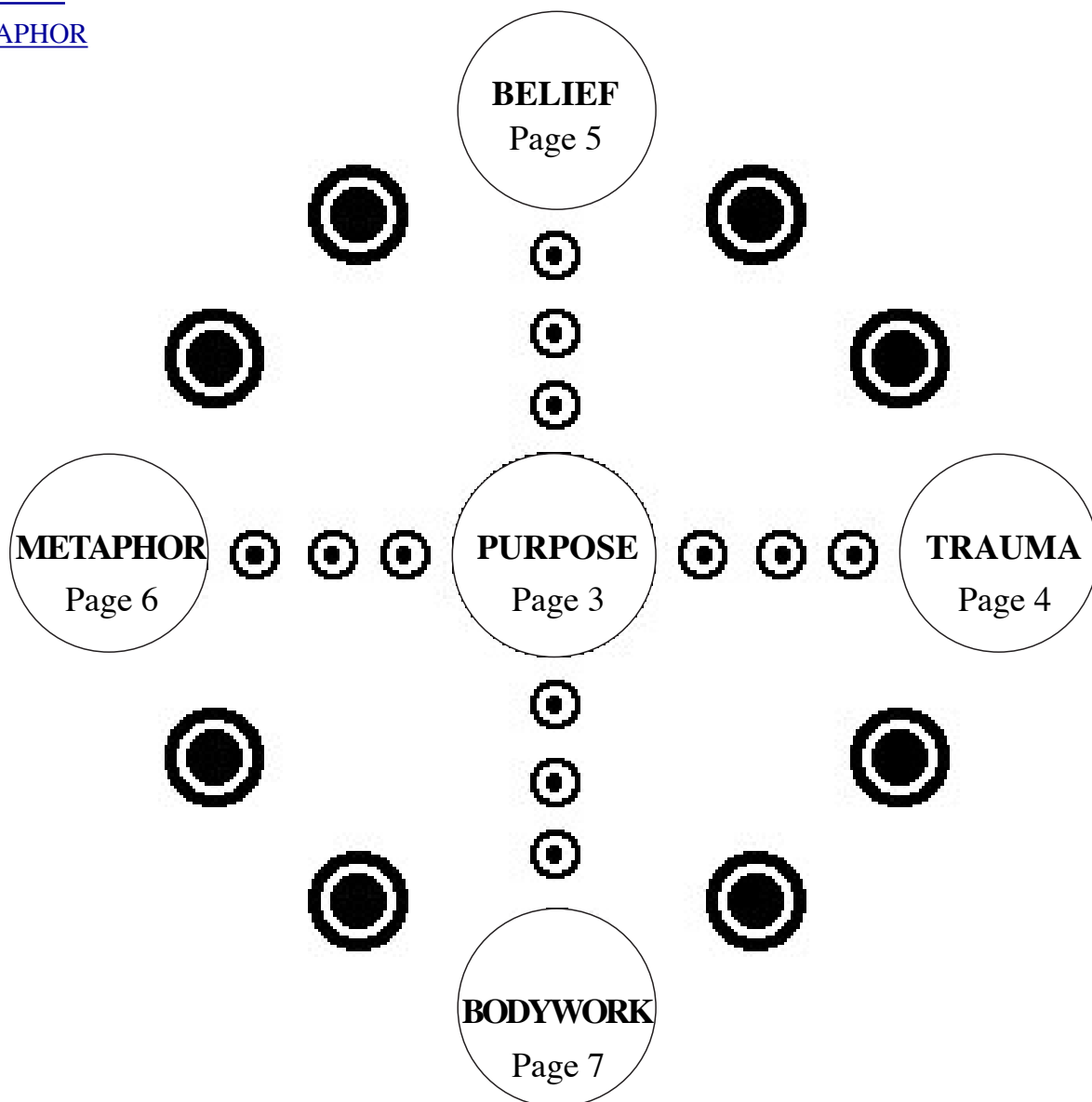
2019

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Transformative BodyWork & Coaching

Overview



Craig's BodyMind and Coaching Certifications:

BodyMind Therapy

Total Person Facilitation

Neuro-Linguistic Programing (NLP)

Hypnosis

NLP Applications to Beliefs Systems & Health

And Much More!

Why you may want to explore

MountainHeart

Purpose Sessions

If You:

- Have a recurrent dis-ease.
- Have a life-threatening dis-ease.
- Lack of motivation for your work.
- Feel like you are getting nowhere.
- Know it is time for a change, but aren't sure what.
- Need to reconnect with your heart path.
- Wish to explore new possibilities in your life.

Changes you can expect:

- Choices are easier to make.
- Clearer sense of your personal purpose.
- The future is more inviting and supportive.
- Major changes are less stressful.
- More understanding of your dis-ease.
- More trust in life's process.

This work helps you explore your innate purpose or path in the world. Often life's experiences cause us to stop and take notice of what we are doing and perhaps what we should have been doing. The purpose process allows you to discover from those experiences the important insights that can guide you towards a more meaningful, purposeful, and heart-full life. The processes are safe, fun, and ecological for the individual.

Why you may want to explore

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Trauma Sessions

If You:

- Have chronic tensions.
- Have chronic low energy.
- Have a phobia or limiting fear.
- Have a recurrent or life-threatening dis-ease.
- Have habits you would like to change.
- Have unexplainable or unreasonable reactions.
- Have experienced physical or emotional trauma.

Changes you can expect:

- More energy and inner balance.
- Freer muscles and less stress.
- Better sense of your potential.
- Respond the way you want in life.
- More creativity and personal power.
- Dis-ease can heal quicker.
- Deep stress relief.

Traumatic experiences have been shown to cause deeply held stress in the body-mind that can inhibit and influence many of our mental, emotional, and physical activities. Traumas are often at the root of dis-ease, poor habits, and any lack of focus, creativity, or energy. Our trauma process has proven to be very effective in decreasing those deep inner stresses and freeing up energy for other uses. The process is safe and ecological for the individual and need not be shared with us.

Why you may want to explore

MountainHeart

Belief Sessions

If You:

Have a phobia or limiting fear.
Have chronic tensions or low energy.
Have a recurrent or life-threatening dis-ease.
Have habits you can't seem to change.
Have patterns of attitude that won't change.
Feel you need to make a major breakthrough.
Feel limited by your self image.

Changes you can expect:

More energy and inner balance.
Less tension and stress.
Movement to your next level of performance.
Beliefs that support you better.
More creativity and personal power.
Dis-ease can heal quicker.

Beliefs form the foundation upon which our thinking, acting, and relating is built. Beliefs control how we will view ourselves, others, and the world. They are often at the root of, dis-ease, poor habits, low self-esteem, and attitudinal problems. Beliefs also determine how well we will perform in mental, emotional, and physical activities. The beliefs process is very effective in helping to learn to believe in ways that create less stress and support a more positive future.

Why you may want to explore
MountainHeart
Metaphor Sessions
(Body Readings & Dis-ease Readings)

If You:

Have a recurrent dis-ease.
Have recurring accidents.
Have recurring body tensions.
Have a current acute or life-threatening dis-ease.
Have just had an accident.
Have current body tensions.
Appear to be healing slowly or not at all.

Changes you can expect:

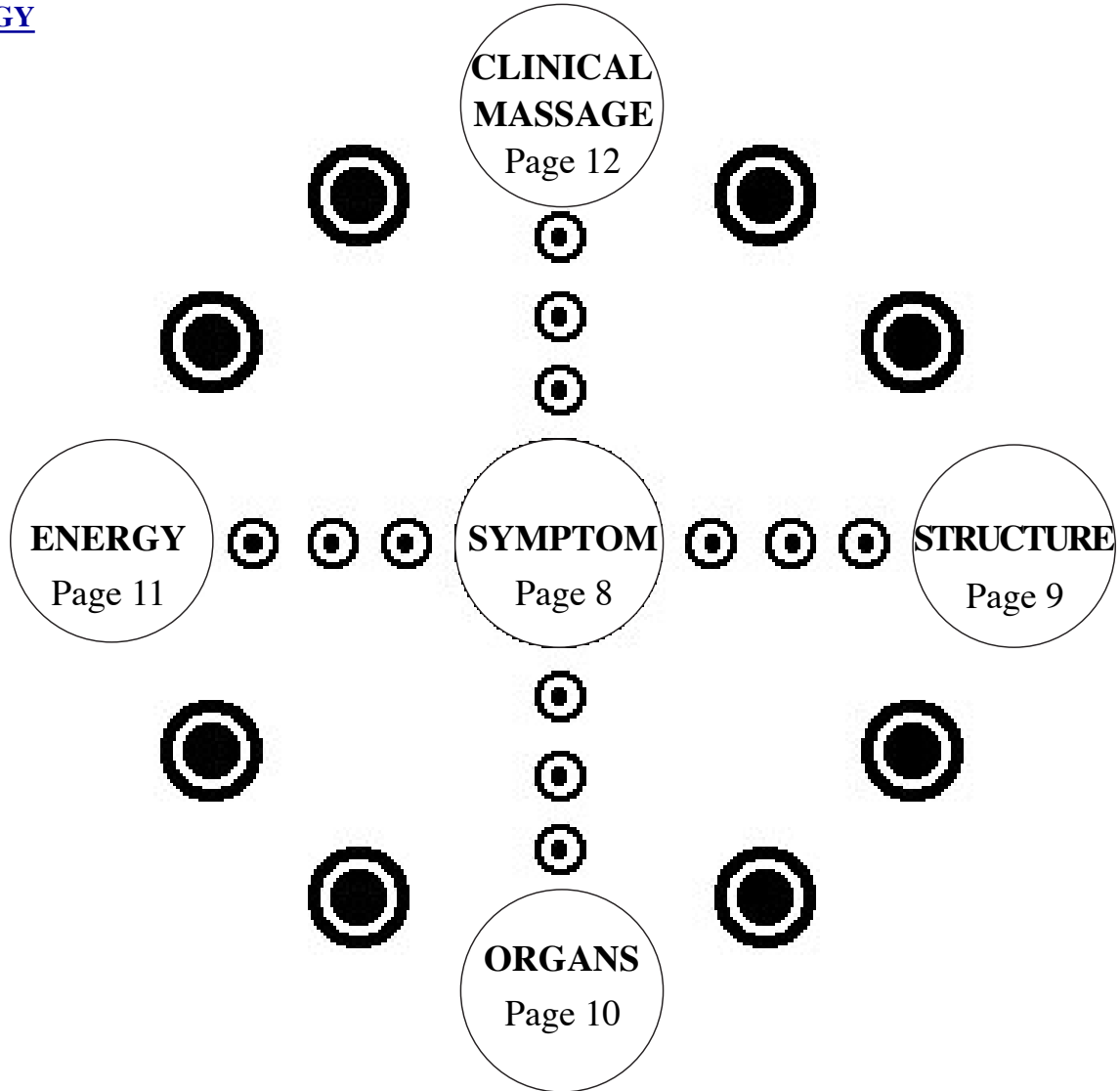
Insight into the message of your dis-ease.
Information that can guide your future changes.
Better understanding of your body's guidance.
Possible "reasons" for your accident.
More understanding of your tension.
More trust in life's process.

Metaphoric sessions and information provide insights that can be said to come from your inner self, your higher self, or your unconscious mind. These insights are both logical and intuitive, therefore available to our conscious understanding. The insights are not psychic, but tap into the same information source as the psychic as well as intellectual information sources. A "reading" session can provide you with deep insights into your personal health and wholeness.

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TRANSFORMATIONAL NEUROMUSCULAR THERAPY



Craig's BodyWork Certifications:

Licensed Massage Therapist

Neuromuscular Therapy

Internal Organ Balancing

BodyGuide EnergyWork

State Credentialed Instructor

And Much More!

Why you may want to explore

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Symptom Sessions

If You:

- Have chronic or acute pain.
- Are recovering from an accident.
- Have acute or chronic body tensions.
- Have an acute or chronic dis-ease.
- Want to tune-up your athletic performance.
- Are uncomfortable in your body.
- Feel stressed out or have low energy.

Changes you can expect:

- A decrease of pain in your body.
- An increase in your ability to relax.
- A decrease of your symptoms.
- More balance and flexibility.
- Quicker recovery from an accident.
- More energy.

These sessions are aimed at quickly and effectively reducing symptoms of pain and discomfort. This is often where we begin with our long-term clients as well as the visitors to town. We have a thorough supply of techniques to apply to your particular situation. Our years of experience, teaching, and research have taught us how to find the most effective work to use to aid in healing. These sessions are often followed by a long-term approach to posture and tensions.

Why you may want to explore

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Structure Sessions

If You:

Have chronic or acute aches or pain.

Are recovering from an accident.

Have acute or chronic body tensions.

Have poor posture.

Want to enhance your athletic performance.

Have less flexibility than you want.

Have poor balance or coordination.

Changes you can expect:

A decrease of pain in your body.

An increase in your range of motion.

An improvement of your posture.

More balance and flexibility.

Quicker recovery from an accident.

Greater coordination.

These sessions are aimed at countering the effects of years of stress, poor posture, hard work, or hard play. People often think of this work the 30,000 mile tune-up they give their cars to get the most life out of them. We often do not know we need this work until we find ourselves in pain or dis-comfort. We suggest you come in for a 1/2 hour assessment (free with your first 1 hour session) to determine what your body may need before the pain begins.

Why you may want to explore

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Organ Sessions

If You:

- Have chronic or acute aches or pain.
- Have ever had an abdominal surgery.
- Have acute or chronic body tensions.
- Have ever had a dis-ease of an organ.
- Have passing or recurrent abdominal dis-comfort.
- Have male or female problems.
- Have tensions or pain that massage doesn't heal.

Changes you can expect:

- A decrease of pain in your body.
- Greater emotional balance and energy.
- Improved organ function.
- Decrease of male or female problems.
- Better G. I. tract function.
- Stress release.

These sessions are an amazing addition to the experience of massage therapy and neuromuscular bodywork. With this gentle and responsive form of organ massage and balancing, we can help you during many types of dis-ease. Though the organs are not usually addressed by massage therapists, we find this work to be pivotal in many muscular and internal tensions and imbalances. The sessions are very safe and complement the other modalities of healing you may be using.

Why you may want to explore

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Energy Sessions

If You:

Are stressed out.

Have low energy.

Feel out-of-balance.

Feel disconnected from your body.

Have chronic or acute aches or pain.

Are healing from dis-ease or surgery.

Feel disconnected from spirit, others, or the universe.

Changes you can expect:

A decrease of pain in your body.

Greater emotional balance and energy.

Improved energy flow.

Better head and heart connection.

Better internal balance.

Stress release.

BodyGuide EnergyWork is a very understandable, logical, nurturing, and “receiver friendly” style of energy work. This form of energy work is both powerful and empowering. We focus on helping the body-mind to generate self-supportive and healing neuro-pathways as we work with the client to move stagnant energy and to remove energy blockages in all the levels of the body. The technique is an integration of the best parts of several safe and effective energy modalities.

Why you may want to explore

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Clinical Massage Therapy Sessions

If You:

Are stressed out.

Have low energy.

Feel out-of-balance.

Are exercising or playing hard.

Need to relax deeply.

Are healing from dis-ease or surgery.

In need of a tune-up.

Changes you can expect:

A decrease of pain in your body.

Improved athletic play or exercise.

Core Rejuvenation.

More fluid movement.

Better internal balance.

Stress release.

Our clinical & therapeutic massage therapy sessions are truly transformative. We tailor our techniques to your needs and preferences. If you need to stress oriented session, a core rejuvenation session, or a re-tuning performance session, we can help. We mix into these sessions some of our other techniques to facilitate your personal outcomes, and we strive to give you exactly the type of therapy that you request.