

Questions Answered for Sacred Health Academy

Some quick answers to your questions...

"What is a membership?"

A membership is the choice for an ongoing experience. There are so many versions...netflix, wine club, amazon prime, fitness, meal delivery, zoo, even medication, etc. It's essentially a subscription to something important to you. In our case, it's an experience of awakening deeper levels of health at all levels...mental/emotional, physical, spiritual (we can't leave anything out or wholeness is sacrificed). Our culture is mesmerized with quick fixes and a healing journey doesn't happen over night. Yet, when we keep showing up for ourselves, change for the better is inevitable. This is a sacred journey.

"How will this happen?"

This is an online experience. There is a weekly focus/lesson inside of a monthly theme. You will receive that lesson via e-mail for 3 weeks of the month with one week for integration and further implementation. The e-mail will direct you (via links) to the private website that will guide you. Lessons will be via video, audio, and written to accommodate learning styles. The design of the material is to walk you into ever increasing health week by week, month by month. There are live zoom calls for answering questions and moving from learning anew to living it and owning it.

"Where does the lesson material come from?"

The material comes from my 30 yrs. as a healer, as I've gathered wisdom from Chinese Medicine, a variety of other healing modalities, nutrition, science, research, and Principles or Laws of the Universe. We'll be addressing topics such as: Judgement, Fear, Stress, Masculine/Feminine balance (the planet is balanced by Yang-masculine / Yin-feminine). The 5 Elements as they relate to you and your well-being. Nutrition, sleep, supplements, movement, redefining your 'story' about health and wholeness, and much more.

"I'm busy, how much time will this take?"

The design is approx. an hour a week. Sometimes more, sometimes less depending on your relationship to the focus/lesson in your life. What I know is that as you gather more energy/life force (shorthand for health) and clarity, it frees you up to tend to gathering even more life force/health and there is increasing inspiration to devote time. I hear you on this. Our time and resources are precious. And...to me, tending health is THE most important focus of a human life. Everything else springs from that. Your intentional application garners success.

"Do I have to be a vegan, tell me more about the nutrition part?" You do not have to be a vegan. You can be if that's your choice. And you can drink wine and eat dark chocolate! The nutrition segment is about up-leveling what you're already doing to include more whole and real food because the life force in whole food translates to a higher quality

of life force in your system (body, mind, spirit). I'm a fan of the middle road and soul food (wink ;) atop a regular foundation of good choices.

"What does the part about Light have to do with this?" Part of what we'll be unpacking for understanding is Life Force. The very energy beating your heart and pumping your blood right now and what adjustments are needed to allow Life Force to function at a higher level (i.e. better health). We aren't always taught this but Life Force is also Light. Just like the light from the sun sustains all Life on earth and every particle of energy on the planet and in your body. Understanding how to manage and master this relationship with Light/Life is paramount to health. This is the foundation from which your healthy outcomes are built.

The prime directive of a human life (after perpetuating the species) is to live into our whole and healthy self. While there's no pressure, there is also no time to waste. I would say that tending this in a human life is VERY important and not really optional if quality of life is important (at the level of personal and planetary). It doesn't matter to me how you do this or with whom, it just matters that you do. If this particular path resonates with you, I welcome you with open arms!

You are welcome to cancel at anytime. Please be aware that as a Founding Member if you cancel and decide to become a part of the community at a later date, it will be at the regular price.

This Founding Member price is a one-time only, never again available option.

I am thankful for your support, and I can't wait to have you as a founding member in this journey together! If you're a man receiving this, feel free to pass along to the women you care about that this sounds like a good fit for.

In Sacred Health,

Laurie Morse, L.Ac.

p.s. As a founding member you receive a Healthy Kickstart Bundle. Here's what's in it:

1. Reduce Stress and Anxiety Acu-point Video which you can do anytime you need more calm
2. Wholeness Is Your Foundation mini-ebook (with some truly juicy truths you may not have ever heard before).
3. Tips on gaining better Clarity~Intention~Focus

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I look forward to serving the sacred health already in you!

