



## MEDIA KIT

### ABOUT THE BOOK

Your Trauma Healing Journey explores the innovative principles of Lifeprint Reiki as a means of healing trauma.

This philosophy is predicated on the notion that all challenging human behavior and desires, as well as physical ailments, are a product of unresolved trauma stored in the body.

This unresolved trauma disconnects us from self-love and feeling the happiness we desire.

#### The book includes various exercises to:

- **Cultivate self-awareness**, self-acceptance, and self-compassion
- **Become more resilient**, confident, and empowered in relationships
- **Live life with less anxiety**, and fewer toxic influences, and triggered responses

### CONTACT

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### ABOUT THE AUTHOR

Steve Fogelman is the founder of Lifeprint Reiki, a non-religious spiritual path of healing to reconnect to self love. He is a Certified Spiritual Coach through Life Purpose Institute, and trained as a Reiki Master with Geordie Numata



.His innovative methods for ridding trauma from the body have proven effective for all of his students, with his discovery of a new Reiki symbol he calls Sin Jo Ho Go. His FaceBook group, Lifeprint Reiki's Self Love Journey Support, has become a helpful meeting place for those dealing with the pains of spiritual growth and shifting mindset to gain new insights, understandings and compassion.

Steve is developing educational courses based on this book, with exclusive content for his website, [www.lifeprintreiki.org](http://www.lifeprintreiki.org). He is also a published playwright, professional actor, and painter. He is in the midst of relocating to Costa Rica with his four-year old rescue dog, Zelli.

### 11 Insights to Happiness

The deepest revelations come through the 11 Insights to Happiness, which hold the keys to shedding your survival personality and embracing your authentic self.

Simply gaining awareness that these 11 universal principles exist sets you on a healing course towards more moments of happiness. Learning even more about them creates a self-empowered destiny.

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|-------------------------------|-----------------------------|
| 1. Curiosity                  | 7. Boundaries               |
| 2. Suffer & Surrender         | 8. Power of Loss            |
| 3. Attachments & Expectations | 9. Illusion of Polarity     |
| 4. Internal Validation        | 10. Connecting to Ancestors |
| 5. Forgiveness                | 11. Nothingness             |
| 6. Compare and Despair        |                             |

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