

# HEARTBROKEN TO LIMITLESS



Shanley O'Keefe Therapy

# Start Your Journey *Here*

Many clients begin their healing journey pondering the same questions. I want you to know that you're *not alone*.

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## Will I ever heal?

Although emotional wounds can run deep and wide, doing “the work” combined with time will heal each of us. We will not look entirely the same on the other side of healing, but growth requires change. Healing is not a straight line, but with my guidance—in the safe space of our container—you will begin making headway as soon as the first session. Healing will continue on specific wounds for a variable amount of time and general healing will continue for a lifetime. It is often said that we spend the second half of our life healing from the first half.

## Will I ever love again?

Most of us experience heartbreak via intimate partner relationships or other interpersonal relationships. I will guide you through the steps necessary to exist in a position of healed neutrality regarding relationships—without attachment. It is from this place of detachment and true self-love that you will have the capacity to love again. And together we will walk through opportunities and challenges where love presents itself.

# Why is life so hard?

Life can feel really difficult at times. The over-arching theme can even begin to feel that life is not safe. In our sessions together, we will uncover the blocks that are restricting you from living the limitless life that is your birthright. We will identify coping skills for you to utilize when life feels “lifey,” and we will work on your accountability in practicing the tools we develop. Life will begin to feel less hard. Life will begin to feel more joyful. You will begin to know you are in fact, limitless.

# What is one tool I can use if I only want to implement one?

Breath. It is our natural necessity anyhow. Use breath to connect to the Divine. To connect to nature, the earth, wind/air, fire/sun, and water. Use breath to connect with our highest self within. To connect with the collective consciousness surrounding us all. Through intentional breathing, we focus our attention in specific ways—on our healing, on our desired love, and on solutions we cannot yet see. We will breathe together as part of our session and you will be called to breathe intentionally on your own time in order to experience a shift in your neuropathways. Your breathing will transform your life into one in which you are truly Living Aligned.