

# Zen Rose Garden

## Holistic Integration Therapy

2015



*Helping People Grow!*



Heather Rodriguez & David Caren

(916) 519-6752

BOOK ONLINE:

[ZenRoseGarden.com](http://ZenRoseGarden.com)



## Meet David & Heather of Zen Rose Garden

Lifetime students of Spiritual Healing, David and Heather met in 2008 and formed Zen Rose Garden. Blending their unique combination of Intuitive Gifts and Healing Techniques, they dedicate their service together to the healing, empowerment and self-realization of their individual clients.

### Heather Kim Rodriguez

Heather is a trained Spiritualist Medium, Clairvoyant, Reiki Master, CranioSacral Therapist, Life Coach, Hypnotherapist, Channel and Healing Medium. Struck with a vocal disorder after a devastating trauma, she was told by medical experts it was incurable, but instead chose to pursue alternative methods on a quest for a cure. This journey of a lifetime led to the total healing of her voice and opened her abilities as a Healing Medium. Now, a lifetime scholar and expert in the field of Metaphysics, Mediumship, Comparative Religion, Dream Interpretation, Shamanism and Mythology, she is passionate about helping others understand and control their gifts. She is also the author of *Goddess Unchained*, and is pursuing Doctoral Studies in Natural Healing, Comparative Religion & Transpersonal Psychology.

### David Caren

David is a Master Hypnotherapist, Past Life Regression Therapist, Reiki Master, CranioSacral Therapist, Life Coach, Clairsentient, Conscious Channel and Healing Medium. As a teen, David experienced a Near-Death Experience which served as a Shamanic Opening, accelerating his gifts as a Medium. As a result of his journey, David is gifted in guiding those who struggle through emotional blocks to find, resolve and release deep levels of fear hidden in the Subconscious. He is currently working on a book on Primal Brain Response in human behavior based on his methods to overcome primitive urges when it is contrary to one's higher desires. He is also pursuing Doctoral work in Metaphysics and Psychology.

"I've been seeing David & Heather for a year & they never cease to amaze me. They immediately cut through whatever issues I've presented to them & find & help me address & work through whatever the cause of whatever result (issue) I'm experiencing. They are awesome healers & individuals & an hour with them is worth every cent (and a lot more)."

- J. Sena, Las Vegas, NV

"I have seen a lot of practitioners & David & Heather are the real deal. The way they work in partnership is quite an extraordinary experience. They are also quite funny, which I believe is a sign of enlightenment. :) I highly recommend them."

- R. Richman, Las Vegas, NV

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# ZEN ROSE GARDEN

## TRANSFORMATIONAL JOURNEY

Our work at Zen Rose Garden is to help you achieve your deepest most long lasting transformation spiritually, mentally, emotionally and physically. Over the course of your time with us we customize your transformational journey to help you connect deeper to your inner guidance and call into being your most desired life.

When seeking alternative means to heal areas of life that have been resistant to healing and change, one must come prepared for the consistent work of showing up for the process. In our modern world we have become accustomed to the “quick fix”; and while life-changing epiphanies and amazing healing work often happen during sessions, real transformation requires a commitment of personal responsibility and the persistence of working for true change.

That being said, our commitment to you is to guide you to discover, un-earth and process through mental, emotional, physical and spiritual blocks and fears standing between you and your true happiness. During your first consultation session, we assess where you would like to be in life, what your current frustrations are, pinpoint blocks and help you create a plan of action.

At Zen Rose Garden we uniquely blend modalities to accelerate healing, making sessions relaxing, energizing or intense as old blocks, emotions, stress and stuck energy are released. To assist in your specific phase of healing and growth, we offer the benefit of working with the same team of skilled practitioners for ongoing support and familiarity. Studies show that shifts occur more rapidly when two or more energy healers work as a team as skills combine in a synergistic way making available more tools than there would be from just one practitioner.

**Below is a typical progression of healing and growth with Zen Rose Garden over time:**

### **Phase One: Clearing & Assessing Your Energy**

During this phase which we return to as needed during your transformational journey, we help you take stock of where you are, clear what is needed and see how far you have come to this point.

### **Phase Two: Connecting To Inner Guidance**

During this phase we assist you to connect to your inner guidance in whatever way is right for you. That might be through your Higher Self, your spirit guides or guardians or through your deep subconscious.

### **Phase Three: Skills & Tools For Guidance**

While learning skills and tools for guidance, we continue helping you clear emotional and mental blocks to clarity. The end result is the ability to see your path ahead with more clarity and trust.

### **Phase Four: Spiritual & Personal Identity**

By this time your spiritual identity may be emerging and you may decide to pursue more in-depth training with us to develop a more advanced and personalized spiritual skillset.

### **Phase Five: Giving Back & Looking Forward**

As you begin to flourish in your new energy, you may be ready to find ways to give back to the community in which you live by volunteering, pursuing a career in the helping or healing arts or by actively pursuing your dream. We continue to assist you as needed for guidance as you begin to integrate what you have learned along your healing journey for the greater good of humankind.

# HEALING SERVICES

(Prices effective January 1, 2015)

## \$80 First Consultation & Session

We encourage you to try us out for your first session at a deep discount so you can decide if you are ready to dive in to some long term self-improvement!

### STANDARD RATES: \$200.00 Per Hour

#### PACKAGES:

Bulk discount. Fully transferable. No expiration.  
May Not Be Used For Specialty or Premium Services

**2-Pack: \$360 - 2 Hours @ \$180/Hour**

**4-Pack: \$680 - 4 Hours @ \$170/Hour**

**6-Pack: \$960 - 6 Hours @ \$160/Hour**

**8-Pack: \$1200 - 8 Hours @ \$150/Hour)**

**10-Pack: \$1400 - 10 Hours @ \$140/Hour**

**12-Pack: \$1440 - 12 Hours @ \$120/Hour)**

**24-Pack: \$2400 – 24 Hours @ \$100/Hour**

## HOLISTIC INTEGRATION THERAPY SESSION (OUR STANDARD SERVICE)

### Advanced Healing Techniques

Sessions may include any of the following modalities:

**Reiki Energy Work** Japanese Healing Art helps achieve balanced energy.

**Chakra Balancing & Aura Clearing** Regardless of the service this is always our goal during your session.

**CranioSacral & Somato-Emotional Release Therapy** helps the body self-correct physical restrictions and deep emotional trauma patterns in the body.

**Body-Talk Hypnotherapy** Hypnosis methods bypass the conscious mind to connect directly to the intuitive subconscious to find root issues of undesired habits, addictions or fears.

**Life Coaching** resolve issues & develop strategies

**Spirit Guide & Angel Connection** make connections

**Dream Interpretation** interpret messages from your subconscious

**Soul Retrieval/Shamanic Healing** Techniques used for thousands of years by traditional healers such as Soul Retrieval, Shadow Work or Re-Integrating Dissociated Complexes as in Psychotherapy; are rooted in Shamanism & Modern Psychology. When there is a traumatic event one does not have the emotional capacity to cope with, the Psyche stores that "Soul Fragment" outside the normal stream of consciousness so one can function. Later, it may manifest as unexplained sadness or feeling that something is missing letting you know that the fragment is ready to heal & re-integrate.

# READINGS

**STANDARD RATE: \$200.00 Per Hour**

## ADVANCED AURA & CHAKRA READING

**This is a traditional Aura Reading without the use of Aura Cameras.**

David and Heather each have unique skills in reading the Aura. Heather was born with the Clairvoyant ability to see and sense Auras and Chakras and studied for years to cultivate and refine this gift which has resulted in her unique perception of all eight layers of the Aura and their interaction with the Chakra System and Transpersonal Chakra System. With this service you get an Aura Drawing and an in-depth reading of what your energy is doing as well as a clearing. Heather has also developed a system of Chakra Cycles that will allow a deeper understanding of where you are in your particular life cycle. David senses the Aura and Chakras on a Clairsentient level and is a perfect counter with a fine tuned ability to round out Heather's readings with Clairsentient information.

## TAROT CARD/PSYCHIC READING

Love/Family/Career/Relationship/Past Lives

## COMFORT & GRIEF MEDIUMSHIP

Gentle support and connection when a loved one crosses over.

# SPECIALTY SERVICES

## PAST LIFE REGRESSION & READING

**\$200 (1 ½ - 2 Hours)**

Our unique combined approach to uncovering and exploring Past Lives as they apply to your life in this moment: Through Hypnotherapy, David guides you through your Past Life Experiences while Heather journeys through your experiences like an extra pair of eyes picking up more information through Past Life Reading. At the end of the process we share information and help you put the pieces together.

## REIKI TRAINING & ATTUNEMENTS

**Practitioner/Level I: \$300. (2 - 4 Hours)**

**Distance Healing/Level II: \$400. (2 - 4 Hours)**

**Master/Teacher Level III: \$500. (2 - 4 Hours)**

Learn the Healing Art of Reiki.

**Level I Training & Attunement:** Student learns how to perform hands-on healing sessions in person for self and others including hand positions, history of Reiki, its uses and benefits. **(2-4 hours)**

**Level II Training & Attunement:** Student learns 3 Reiki symbols, their uses & meanings and how to perform a Distance Reiki Session. Additional techniques are covered for physical sessions and distance sessions as well as connecting exercises. **(2-4 hours)**

**Level III Master/Teacher Training & Attunement:** Student learns how to pass attunements and training on to others. The student also learns an additional symbol, its use, and meaning. More is covered on ethics and responsibility. **(2-4 hours)**

# PREMIUM SERVICES

## PREMIUM PAST LIFE PROFILE PACKAGE

**\$1,200.00**

Our **Premium Past Life Profile Package** is a completely unique approach to uncovering, exploring and transforming past life experiences.

**This is a four week in-depth intensive Past Life Transformational immersion.**

### **Week One:**

- Initial Past Life Consultation to determine your purpose for Past Life exploration
- Healing Session for releasing blocks prior to Past Life Regression

### **Week Two:**

- Guided Past Life Regression through Hypnotherapy
- Past Life Reading
- Personal integration healing work for the following week assigned

### **Week Three:**

- Receive e-book of in-depth Past Life Reading, Past Life Regression Analysis and Past Life Profile
- Personal integration healing work application

### **Week Four:**

- Consultation to put the pieces together and answer any questions
- Healing Session to resolve final issues

## TWO-YEAR INTENSIVE IMMERSION TRAINING

**\$6,000.00 per 6-month segment**

### ***For the serious student.***

This two year program is made up of four separate 6-month segments. Please note that a 6-month commitment is required per segment. During each 6-month intensive immersion process you meet with us once a week for formal study, practice, healing work and practical application in learning the skills and receiving certification in one of the following disciplines:

### **Psychic/Intuitive Practitioner**

(pre-requisite: engagement in a program of self-healing and self-improvement)

### **Spirit Medium**

(pre-requisite: completion of Psychic/Intuitive Practitioner Immersion)

### **Advanced Healer**

(pre-requisite: completion of Spirit Medium Immersion)

### **Shamanic Practitioner**

(pre-requisite: completion of Advanced Healer Immersion)

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