



## HEART-WALL RELEASE SAMPLE SESSION

***This is a SAMPLE SESSION. Your session may be a bit different, with different specifics released. This is just to give you an idea of what you can expect from your session. Please [click here](#) to book your Heart-wall Release Session.***

Jane Doe  
2-16-21

### Heart-wall Release Session

#### Heart-wall Release

- escapism - 25
- left out - 13
- heartbreak - 16
- overloaded - 32
- driven - 31
- abandoned - 3
- ignored - 12
- effort unreceived - 13

***Apply Serenity blend over heart 2 times per day for 3 weeks.***

***Next release can be done in 4 weeks, on or after 3/9/21.***

Thank you and I hope you enjoyed your session. Please remember to drink a lot of water and rest when you can. If you notice light-headedness, dizziness, nausea, headache, or are feeling more emotional, these can be processing effects from releasing and adjusting energetically. They usually pass within 1-2 days.

Please let me know if you have any questions. [nicole@nicolervincent.com](mailto:nicole@nicolervincent.com). If you would like to book another session, please visit <https://www.nicolervincent.com/services>

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*Holistic Empowerment sessions & other notes are for educational purposes only. Please use your own intuition, along with divine guidance for additional insights and clarity.*

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