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4 essential first steps to any wellness journey

As promised, these are what I consider the 4 essential first steps to any wellness journey. I share more vital steps in my programmes but these are a good start. Start today to shift your energy, your health, and your life.

1. Know your map

If you're going on a journey, you need a map — a blueprint.
So... do you know who you really are?
Do you know what lights up your soul?
What your true gifts are?
What your patterns, values, and core beliefs are?
If not — you're likely navigating based on other people's expectations, or outdated versions of yourself.

Write down your 5 core values. Are they empowering you... or draining you? Are they yours... or inherited? You have the power to rewrite them.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

2. Breath

Breathing is our most basic survival need — yet it’s the first thing that becomes compromised when we’re stressed.

Have you ever noticed how, when you're concentrating or overwhelmed, you hold your breath or breathe shallowly?

Chronic shallow breathing leads to symptoms like anxiety, brain fog, and even issues with your lymphatic system.

The fix? Simple, mindful breathing to reset your nervous system, release anxiety, reactivate your vitality.

Let’s begin by bringing your awareness to your breath.

Take a deep breath in through your nose...

...and exhale slowly through your mouth.

Let your shoulders drop.

Let the tension begin to melt.

Now, bring your hand to the center of your chest — just above your heart, on your sternum.

This is your thymus gland — an important part of your immune system and energy field.

We’re going to activate it now with a gentle tapping.

Using your fingertips, begin tapping this area gently.

Find a rhythm that feels soothing — like your heartbeat.

Start to tap over your thymus as you place your tongue to the roof of your pallet.

Inhale through your nose...Hold for a moment...keep tapping

Drop tongue to the floor of your mouth...keep tapping

Exhale through your mouth... long and slow.

Repeat for about half a minute

Keep tapping.

And now, with each breath, say softly in your mind:

“I am safe.”

“I am calm.”

“I am supported.”

“All that I need is within me”

Keep tapping and breathing.

Feel the vibration moving through your chest — waking up your immune system, clearing stagnant energy, and bringing you back to your center.

Let your breath deepen. Let your body soften.

Tap for another 30 seconds, if it feels good.

Then slowly stop tapping...

Place your hand over your heart. Feel the frequency of gratitude.

Take one last deep breath in...

...and exhale completely.

You are grounded. You are present. You are enough.

3. Living activated water

Your body is about 70% water.

And the quality of that water affects every system in your body.

Most tap or bottled water is depleted — lacking minerals, vitality, or structure and contains toxins, waste, hormones etc.

Here's what you can do:

- Add Himalayan salt to filtered drinking water
- Drink veggie and fruit juices — nature's perfect filtered hydration packed with nutrition. Charlotte Gerson (Gerson Therapy) only drank carrot juice, never water on its own and she lived a healthy 96 years.
- Focus on clean, mineral-rich water to nourish your cells and support detoxification
- Send love and blessings to your drinking water. Water carries vibrational frequency of emotions and thoughts. Ingest high vibration frequency water.

Simple upgrades. Big shifts.

4. Sleep

When we don't sleep well, everything else falls apart.

Sleep is when your body restores.

It regulates weight, immunity, memory, mood — and even your ability to access your intuition.

Here's how to support deeper, restorative sleep:

- No screens one hour before bed
- Avoid stimulants and heavy meals late at night
- Keep your bedroom cool, dark, and peaceful
- Try to go to bed at the same time each night
- *Energy flows where thought goes. Guard negative thoughts as you wind down. Focus instead on all you are grateful for.*

Also, many women over 50 are low in tryptophan, an amino acid essential for serotonin and melatonin production. It's worth exploring dietary support here because low tryptophan causes anxiety, insomnia, fatigue.

Feeling inspired?

If you're ready to go deeper — then this journey is for you.

- Unearth and gently release the beliefs that no longer serve you
- Heal the roots of imbalance — emotional, spiritual, or physical
- Rekindle your connection with your inner guidance
- Awaken your purpose and ignite the light within
- Step boldly into the life you were born to live

Think of me as your cheerleader, fairy godmother or Bestie. We are going on a wonderful road trip where you will be lovingly held and guided. And you will be returning with more energy, clarity, purpose and joy.

There are 2 journeys we can take. You choose which resonates with you or, do both. Life is short so spoil yourself!

Journey to self (love)



A 4-week guided experience where we work together to:

- Heal limiting beliefs
- Rewire your core patterns
- Align with your true values and purpose
- Heal childhood trauma
- Look at co dependency patterns
- Discover your Blueprint

You will receive guided exercises to complete, EFT tapping to reinforce better beliefs, receive reiki healing and kinesiology to release whats not serving you.

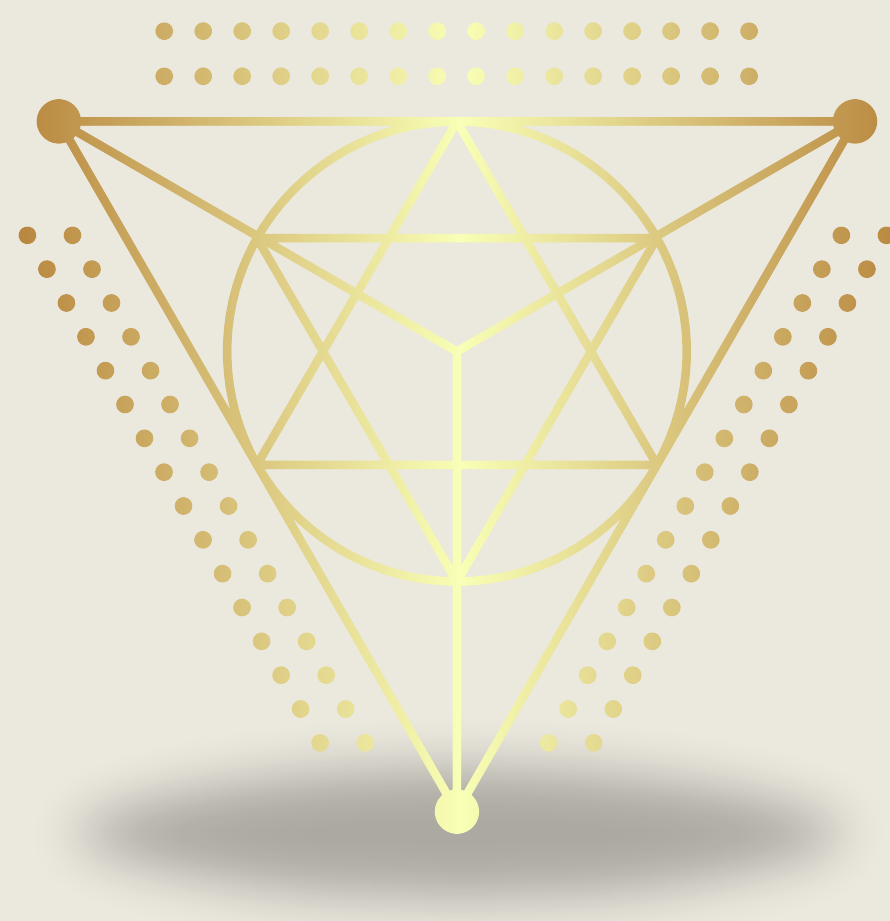
Gain insight to your Blueprint, your reason for being.

*Ps: I work one on one with my clients so space is limited.
Signup to my wait-list and I will get back to you with my
next availability.*



SIGN UP





If your heart is whispering yes... listen to it.
Join me on this journey- and I'll be there to walk
beside you every step of the way.

This isn't about fixing yourself.

It's about remembering who you truly are.

A vibrant, powerful, radiant woman - living life on
purpose.

I can't wait to support you on your journey.

Testimonials

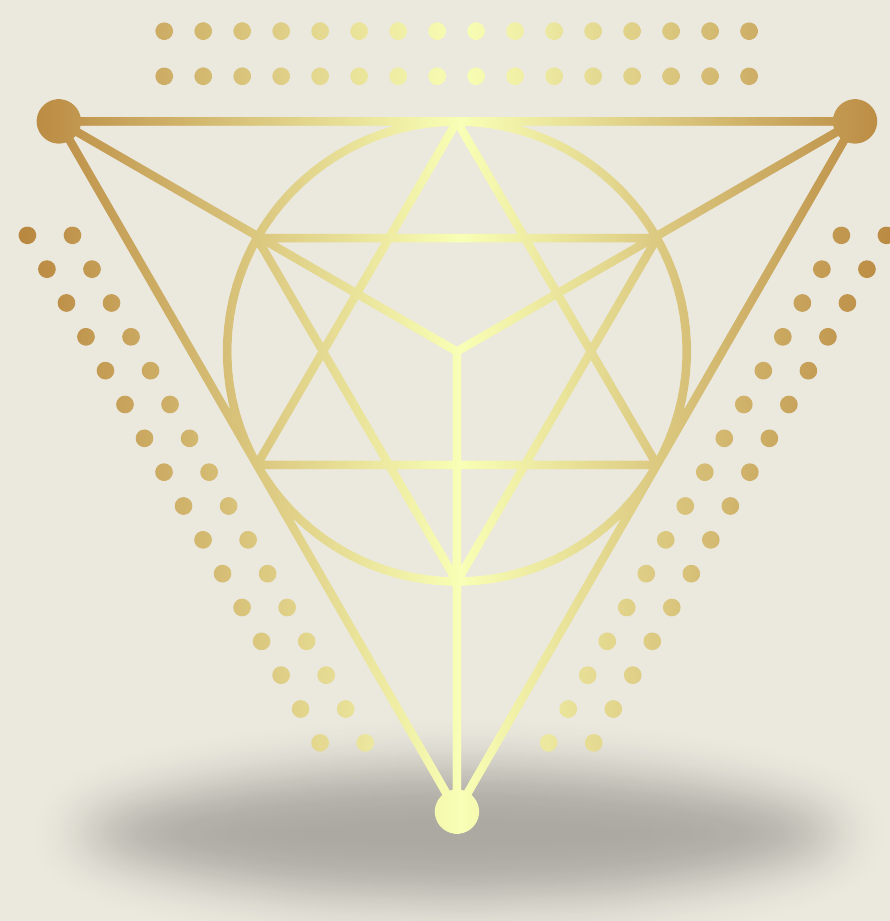
Wow this journey was such an eye opener for me. I understand myself so much better now and I am seeing the benefits in my relationships with my husband and children. Thank you Gillian for your generous time and knowledge.

Bronwyn H



I can honestly say Ive never felt this held going through anything and I am a different women today after going on this journey with Gillian. I have gone from feeling life is pointless and having low self worth and alot of pain, to loving my life and to I actually think I am a pretty cool person!

Aysha O



Benefits of the 4-Week Journey to Self(Love) Programme

SIGN UP



Deep Emotional Healing

- *Release limiting beliefs that have kept you stuck for years*
- *Gently unravel old emotional wounds and patterns with compassion*
- *Let go of guilt, self-sacrifice, and burnout conditioning*

Energetic Rewiring of Core Patterns

- *Identify and shift unconscious behaviours that no longer serve you*
- *Reprogramme your nervous system for safety, ease, and flow*
- *Experience more peace, clarity, and emotional resilience*

True Alignment With Your Values & Purpose

- *Rediscover who you really are — beneath the roles and responsibilities*
- *Get clear on what matters to you now, in this chapter of your life*
- *Begin living from alignment instead of obligation*

Holistic Body–Mind–Soul Support

- *Receive a personalised kinesiology session to pinpoint exactly what your body and subconscious needs.*
- *Benefit from gentle, yet powerful Reiki energy healing to balance your system and restore vitality.*
- *Integrate mind, body, and soul so you're not just surviving — you're thriving.*

Real, Lasting Change in Just 4 Weeks!

- *Feel more grounded, connected, and clear-headed*
- *Improve your sleep, energy levels, and emotional wellbeing*
- *Step into a new chapter with confidence, support, and soul-led guidance.*

Ready for a fully immersive experience which will change your life?

If your heart is saying the time is now to do what it takes to shift, redirect and realign your life completely then this 3 month journey is for you.

Radical Transformation in just 90 days

This 90-Day Radical Transformation Journey truly works if you commit to the process. Thousands of women before you have experienced profound shifts in just 90 days.

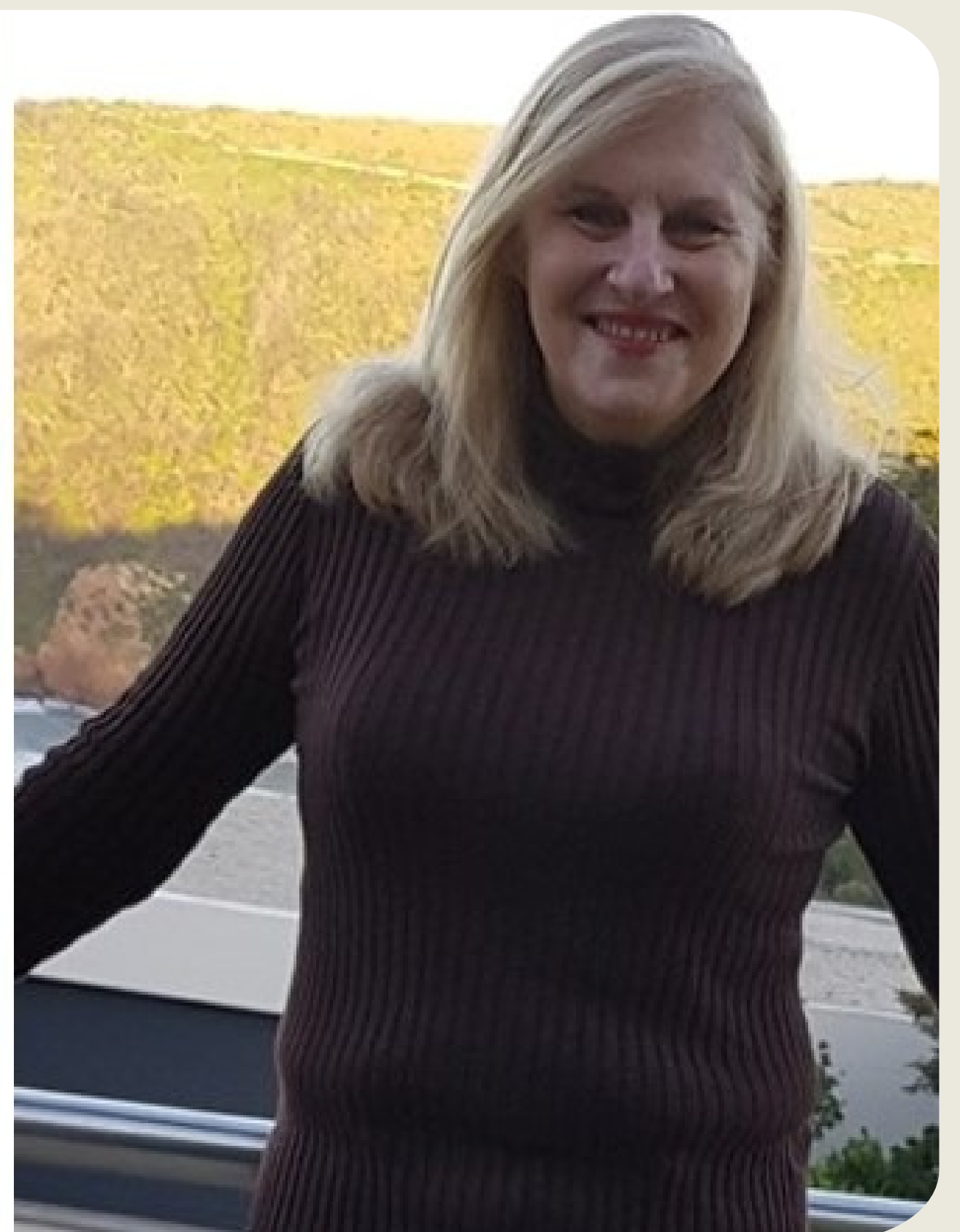


This journey is for you if you're ready to make real change — not just in your body, but in your energy, mindset, emotions, and purpose. You'll be supported every step of the way as we clear what's weighing you down and awaken what's waiting to come alive in you.

Testimonials

*I lost 12 kg's and
my auto immune
skin condition
completely
cleared up*

Margaret



3 months later I have lost 15 kg I have come down from 60mg of cortisone to 5mg alternate days, completely off my water pills. I am feeling alive a well and have a drive for life again.

Lee



What included in this 3 month programme:

- An initial consultation including kinesiology to establish a smart actionable goal and correct imbalances
- A BioResonance Health Scan to get an assessment of pathogens, toxins, sensitivities, and organ function. (Includes a baseline report)
- a comprehensive step by step manual broken down into the steps and including recipes, information on recovering from imbalance, correct breathing, values exercises and much more.
- all necessary complimentary support products required for cleansing (parasites, viruses, bacteria, fungus, heavy metals, gallbladder & liver cleanse, acidity, probiotic support). That's 12 products.
- a 60-minute full body, detoxing, lymph drainage massage. (Not applicable for remote clients)
- Reiki healing session to further support your healing.
- remote support for the 3-month duration from myself via WhatsApp and email.
- Access to a private Facebook support group
- A BioResonance Health Scan to assess and track progress and metathrapy treatment to address imbalances and help your body heal.
- 10 days Rife therapy rental (if I am treating you remotely I will perform these)
- 10 days Red light therapy rental (not for remote clients)
- A report and recommendations to continue terraforming and healing after you have completed the programme.

(I only have limited spots available because I work one on one with all my clients. Please signup to my wait-list and I will get back to you with my next availability.)



SIGN UP

