

Confidently *Joyful* Client Guide





Hello
AND WELCOME



Let me begin by first saying congratulations! You've taken the first step toward achieving your wellness goals, and I'm thrilled to join you on this journey. I'm honored that you're considering exploring my services.

This Client Guide is designed to provide you with essential information about how these tools can support you on your path to wellness. It also includes details on booking sessions and guidance to help you get the most out of your experience.

Be sure to review the aftercare recommendations to maximize the benefits of your sessions. If you have any questions, please don't hesitate to reach out. Welcome to a transformative experience!

- WELCOME
- ABOUT AMANDA SURRATT
- WHY BOOK A SESSION?
- WHAT IS CONFIDENTLY JOYFUL?
 - WHAT IS DISTANCE HEALING?
 - WHAT IS FREQUENCY MEDICINE?
- HOW TO BOOK A SESSION?
 - YOUR GOALS
- WHAT TO EXPECT?
 - PROCESSING SYMPTOMS
- AFTERCARE
- THANK YOU

Confidently *Joyful*

confidentlyjoyful.com





About

AMANDA SURRATT



Hi, I'm Amanda Surratt, a holistic health coach and practitioner with over 20 years of experience in clinical brain health. My passion is helping people achieve their God-given confidence, dreams and purposes.

I understand the desire for more in life. You're committed to achieving big dreams and making a difference, but sometimes feel stuck and frustrated. I know this feeling well, having gone through my own journey of healing and transformation.

As a Certified Holistic Health Practitioner and Life Coach, I combine personal experience with academic training to help people transform their mind, body, and spirit.

I've worked with individuals worldwide, guiding them from sickness to wellness and from feeling stuck to moving forward with momentum. My mission is to provide you with the tools to make your dreams bigger than your memories and fulfill your God-given assignment.



Confidently *Joyful*

confidentlyjoyful.com



Why

BOOK A SESSION



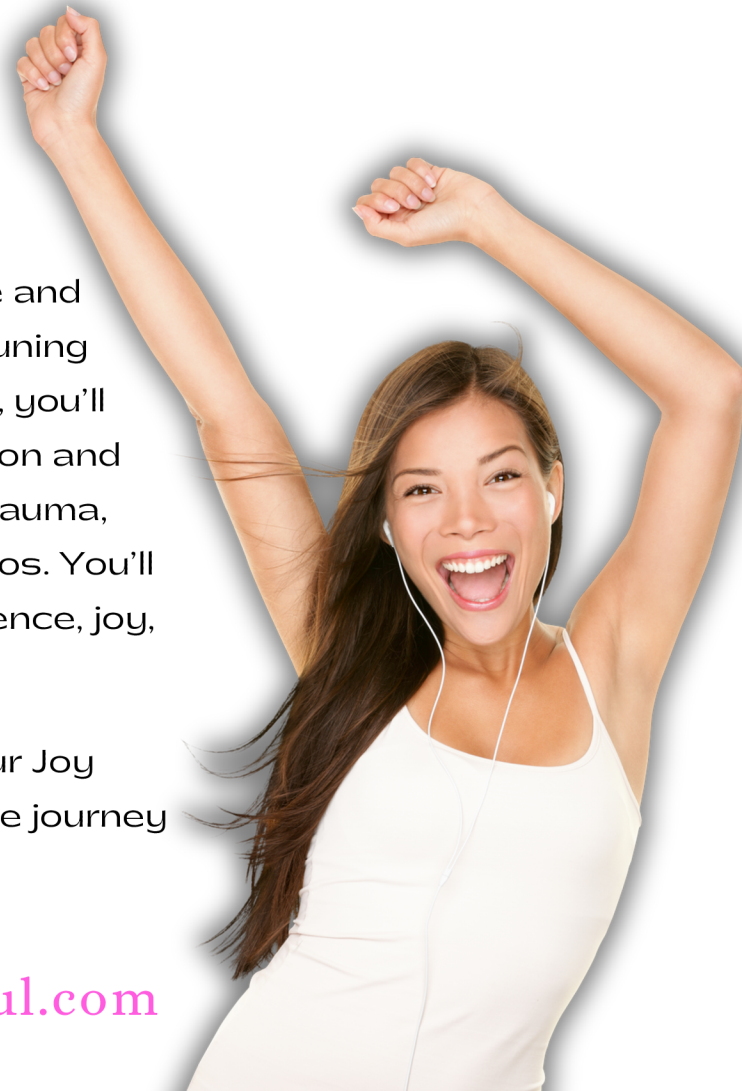
Are you ready to elevate your personal development? The Joy Bundle Starter Package is designed for new and returning clients eager to explore Amanda's transformative services. This flexible offering provides a wonderful opportunity to experience the benefits of frequency medicine and coaching, guiding you toward a more joyful and balanced life.

This package includes a 60-minute Abundant Body Regulation and Coaching Session, tailored to your unique needs, along with an Inner Voice Scan and Balancing to achieve harmony within yourself.

You'll receive a SEFI Broadcast, sending energetic frequencies of love and abundance directly to you, and experience the healing power of AO Tuning Fork Therapy for enhanced emotional and physical well-being. In total, you'll enjoy a comprehensive 75-minute session that fosters deep exploration and transformation. The benefits are profound: resolve stuck emotional trauma, gain clarity in your thoughts, and cultivate a sense of calm amidst chaos. You'll reconnect with the best version of yourself—one that radiates confidence, joy, and fulfillment.

Take the first step toward a vibrant and balanced life today! Book your Joy Bundle Starter Package with Amanda and embark on a transformative journey that nurtures your spirit. I can't wait to support you on this incredible adventure!

Confidently *Joyful* confidentlyjoyful.com





What is

CONFIDENTLY JOYFUL?

Confidently Joyful is a transformative space dedicated to helping individuals cultivate joy, balance, and confidence in their lives. Our mission is to empower clients to reconnect with their true selves and navigate life's challenges with resilience.

We utilize advanced AO scan technology to assess and analyze subtle energy frequencies, allowing Amanda to identify and release energy blockages that may contribute to physical and emotional challenges.

This energy support promotes balance and overall well-being, helping you experience greater peace and clarity.

Confidently *Joyful*



In addition to individual sessions, we offer two engaging coaching options: The Art of Joyful Living Group Membership, which focuses on cultivating positivity and joy, and the Live the Confident Life You Love Private Coaching Program, designed to build confidence and resilience. Both programs foster community and provide valuable tools for personal growth.

Join us at Confidently Joyful, where your journey toward joy and self-discovery begins! Together, we will empower you to live confidently and joyfully every day.





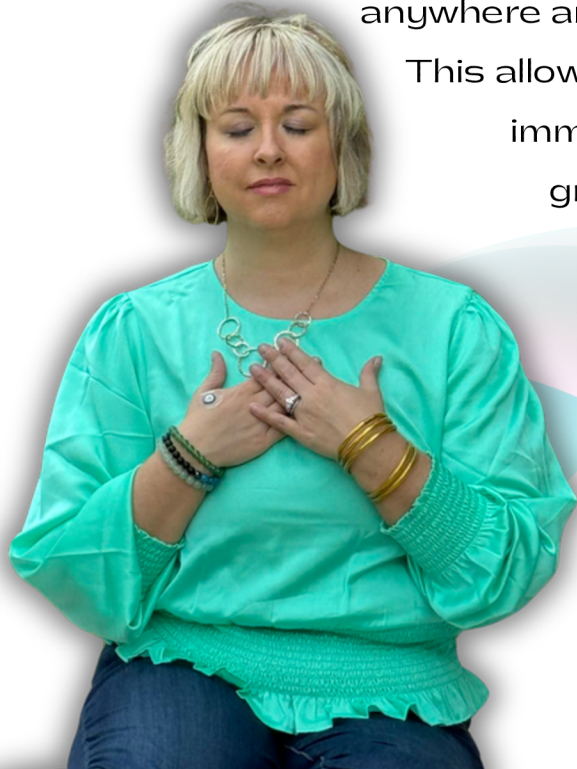
Distance Energy Healing

WHAT IS IT AND HOW DOES IT WORK?

Distance healing is any form of healing energy “sent” across time and space that is received and has a healing effect on the recipient. With this type of work, you do not have to be physically present with the healer to receive the healing. It may be done over the phone or at a special time set aside and agreed upon between you and the practitioner. In fact, all of my sessions I currently provide are via phone, web video, and email.

This type of session is equally effective as an in-person session because in alternative energy healing and holistic medicine modalities, we are working with the physical, emotional and mental aspects of an individual by accessing the individual’s energy body. The energy body can be accessed easily from anywhere and at any time and does not require you to be physically present.

This allows me to get extremely accurate guidance. When physical pain immediately leaves the body, one can't help but feel love and gratitude to our Creator for such a phenomenal healing.





What is

FREQUENCY MEDICINE?

An AO scan, also known as an AO Body Scan or AO Scan Technology, is a non-invasive bioresonance technique used to detect abnormalities within the energy frequencies of the human body. It involves passing micro-current frequencies through the body and measuring the current's resistance to identify the health of an organic system. The AO scan is believed to provide valuable information about the body's energy frequencies and can be used to identify areas that may need support or balancing. It is often used in conjunction with other healing modalities, such as Emotion Code and Body Code practices, to provide a comprehensive approach to wellness and healing.





How to

BOOK A SESSION



To book a session with Amanda, follow these steps on the A True Balance website's booking calendar:

1. Visit the Start Here page on her website.
2. Scroll down to the Joy Bundle Starter Package image.
3. Click "Book Now".
4. Fill out the necessary information, such as name, contact details, and any specific requirements or concerns.
5. Select the preferred date and time for the session, if applicable.
6. Review the booking details and confirm the appointment and make your payment.





Your GOALS



Before booking a session, it is essential for you to have a clear understanding of your goals and intentions for your session. By identifying and articulating your goals, you can help Amanda tailor the session to your specific needs and maximize the benefits of the energy healing process.

Here are a few points to consider when defining your goals:

1. **Reflect on Your Concerns:** Take some time to reflect on the physical or emotional challenges you are experiencing. Consider any specific symptoms, patterns, or areas of discomfort that you would like to address.

2. **Clarify Your Objectives:** Clarify what you hope to achieve through the session. Are you seeking relief, insight, emotional release, energetic balance, etc.?

Confidently *Joyful*

3. **Set Realistic Expectations:** Energy healing is a process, and results can vary from person to person. By setting realistic expectations, you can approach the session with an open mind and allow the energy balancing process to work in alignment with your intentions.

4. **Communicate with Your Practitioner:** To ensure that your goals are understood, it is helpful to communicate them clearly to Amanda prior to the session.





What TO EXPECT



WHAT DOES ENERGY HEALING FEEL LIKE?

During an Frequency Medicine (AO Scan) session, you can expect a relaxing and supportive environment. As the practitioner connects with your energy field, you might feel a range of sensations such as warmth, tingling, or lightness as trapped emotions and energy blockages are released. Some clients experience a sense of calm or emotional release, while others may not feel much at all during the session - both responses are perfectly normal.

Energy healing is a gentle, non-invasive process. With the AO Scan technology, you might hear subtle sounds or see gentle lights as the frequencies are assessed and balanced. The goal of the session is to restore your body's natural energy flow, promoting overall well-being. Most importantly, each session is tailored to your unique needs, ensuring a personalized healing experience.





Processing

SYMPTOMS



After your session, you may experience a processing period in the days following the session.

This time allows your body to integrate the energetic shift that occurred. While everyone's experience may vary, here are some possible experiences that clients have reported:

- 1. Emotional Ups and Downs:** You might feel a mix of emotions as your body releases trapped emotions and adjusts to the energetic shifts. Some clients feel lighter and happier, while others may experience a range of emotions as part of the healing process.
- 2. Sensitivity and Irritability:** It's common to feel more sensitive or irritable as trapped emotions are released. You may become more aware of certain triggers or react differently to situations.
- 3. Fatigue:** Temporary fatigue or tiredness can occur as your body's energy realigns. It's important to listen to your body and rest as needed during this time.
- 4. Vivid Dreams:** You might have vivid or intense dreams as your subconscious mind processes and releases stored emotions or experiences.
- 5. Physical Sensations:** Sensations of warmth, tingling, or energy movement in different parts of your body are signs of your energy system rebalancing and releasing blockages.





After
CARE



USING VISUALIZATION TO CONTINUE YOUR PROGRESS

What is a visualization? It's the first step in making a goal achievable. It's the first step in bringing an idea to life. When we visualize, we create a new brain pattern in which the brain thinks it's a reality. Pretty cool, right? We can do this to achieve that health goal, heal a trauma, attract a partner, turn a 6 figure business into a 7 figure business, and more.

I create a variety of visualizations to support you and help the your goals become a reality. So when two join in and visualize, it expands. When energy healing and visualization come together, it's like we are knocking it out of the park, expanding our dreams without limits. It's some powerful work! In this work, weight loss has been achieved, food allergies reversed, businesses created, friendships attracted, and more! [Visit my YouTube](#) page to access your visualizations.



Confidently *Joyful*

confidentlyjoyful.com



Thank

YOU FOR BEING HERE



Women throw lots of money at cosmetics, clothes, detoxes, and supplements without ever addressing the core issue.

They get on this cycle that something is wrong with them. So they jump from one protocol to another. Always looking for a better fix.

They end up in debt.

They end up worn out.

They end up having panic attacks.

They are tired, worn out, and over it.

Here's a piece of advice for you:

You aren't broken.

You don't need to be fixed.

The answer lies within.

And, yes, you are worth inner peace, purpose, joy, a healthy, thriving body and life, and it's all within you.

If you are ready to stop the protocols, and taking an excess amount of supplements and learn to thrive in your own body now with inner peace and joy, I'm your girl to help you. Let's do this together!