

# A True Balance 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 A TRUE BALANCE?**
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# 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 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 Emotion Code and Body Code Practitioner, Certified Trauma Healing Specialist, and Certified Holistic 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.





# Why

BOOK A SESSION



You have dis-ease in your body, affecting both your physical and mental health. Western and naturopathic doctors often offer pills or diets to suppress symptoms, but this is like quieting a toddler with candy – the problem persists and worsens.

Our bodies won't be at ease until we address the root cause. With hundreds of clients and many hours of experience, I help people overcome issues like dis-ease, brain health, relationships, finances, and careers by finding and addressing the root cause.

### I identify five key issues for my clients:

- Trauma: Including inherited trauma and personal traumatic experiences.
- Trapped Emotions: Spiritual roots such as fear, judgment, and anxiety.
- Electrolyte Imbalance: Essential for our bodies to function properly.
- Nutrient Deficiency: Ensuring you eat what your body needs.
- Faulty Beliefs: Changing beliefs that contribute to dis-ease.
- Frequency Imbalances: Using AO scan technology to detect and correct subtle energy frequencies in your body, promoting overall well-being.

During your session, I use muscle testing to pinpoint the cause and provide a tailored plan to correct it. This precise approach is why my clients feel better after their sessions.





# What is

## A TRUE BALANCE



A True Balance is where the Emotion Code, Body Code, and Frequency Medicine combine to utilize the principles of energy healing and bioresonance to assess and address imbalances within the body's energy field. The AO scan technology plays a significant role in this process, as it allows for the detection and analysis of subtle energy frequencies.

Amanda connects with your energy field and uses her expertise to identify and release trapped emotions, subconscious imbalances, and energy blockages that may be contributing to physical or emotional issues. She can then use the AO scan technology to further assess your energy frequencies and provide targeted support.

This energy support is believed to facilitate the restoration of balance, the release of energetic disruptions, and the promotion of overall well-being.

Distance sessions offers individuals the opportunity to receive energy healing and support regardless of geographic distance. It provides a convenient and accessible way to address energetic imbalances and promote holistic health.





# Distance Energy Healing

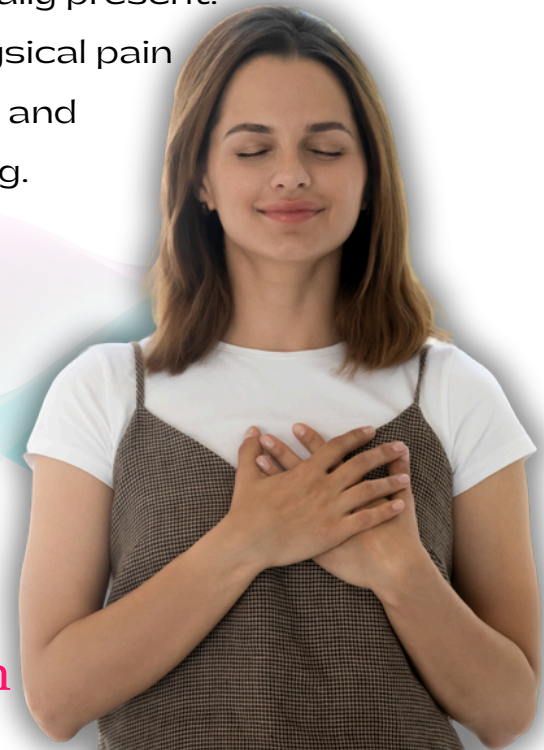
## WHAT IS IT AND HOW DOES IT WORK?

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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.



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# What is

## MUSCLE TESTING?

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During muscle testing, the practitioner applies gentle pressure to a specific muscle, typically an indicator muscle, while asking a question or making a statement. The response of the muscle is observed, and its strength or weakness is interpreted as a positive or negative response. A strong response in the muscle is often interpreted as an indication of truth or alignment, while a weak response may suggest falsehood or misalignment. The muscle's response is believed to be influenced by the body's energy and subconscious mind.

Emotion Code and Body Code practitioners use muscle testing both in person and by proxy as a tool to identify trapped emotions, subconscious imbalances, and energy blockages within the body. By asking specific questions and receiving feedback through muscle testing, the practitioner can gain insights into the underlying causes of physical or emotional issues and determine the appropriate course of action for healing.

It's important to note that muscle testing is not a diagnostic tool in the traditional medical sense.

Instead, it is used as a means of gathering information and accessing the body's innate wisdom to guide the energy healing process.

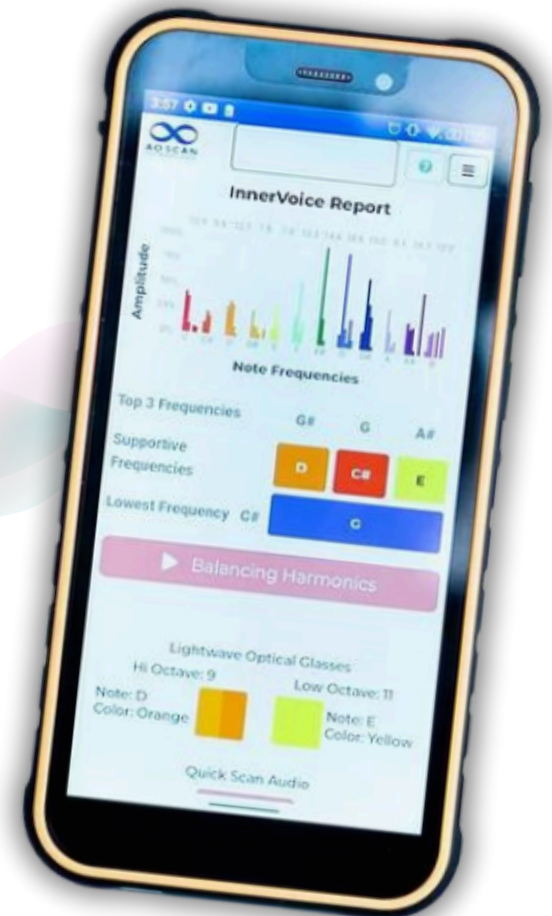




# What is

## 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.








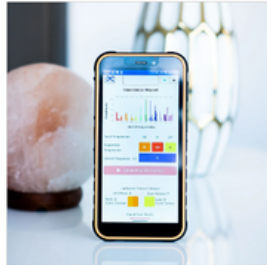


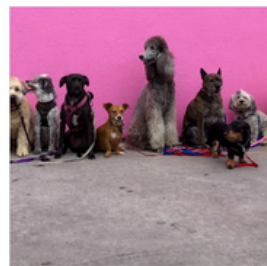




# How to BOOK A SESSION



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

1. Visit the booking calendar on her website.
2. Click the “Book a Session” link.
3. Select the session you desire and 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.

 <p><b>Holistic Health Consultation</b> Consultation to discuss personalized options for wellness.</p> <p><a href="#">Book Now</a></p> <p>15 min \$45</p> <p><a href="#">Book Now</a></p>	 <p><b>15 min Email Emotion/Body Code Session</b> Experience emotional resilience while optimizing the body mind and %.</p> <p><a href="#">Book Now</a></p> <p>15 min \$45</p> <p><a href="#">Book Now</a></p>	 <p><b>30 Min Email Emotion/Body Code Session</b> Experience emotional resilience while optimizing the body mind and %.</p> <p><a href="#">Book Now</a></p> <p>30 min \$92</p> <p><a href="#">Book Now</a></p>
 <p><b>Inner Voice AD Scan (Remote Session)</b> Inner Voice Scan with balancing musical frequency + SEFI frequency</p> <p><a href="#">Book Now</a></p> <p>15 min \$35</p> <p><a href="#">Book Now</a></p>	 <p><b>SEFI Broadcast</b> Broadcast supportive frequencies to yourself or home.</p> <p><a href="#">Book Now</a></p> <p>15 min \$38</p> <p><a href="#">Book Now</a></p>	 <p><b>Comprehensive AD Scan</b> Revolutionizing mental, emotional and physical health</p> <p><a href="#">Book Now</a></p> <p>1hr \$149</p> <p><a href="#">Book Now</a></p>
 <p><b>Emotion Code for Pets</b> Release trapped emotions from your pets (Email Session)</p> <p><a href="#">Book Now</a></p> <p>15 min \$35</p> <p><a href="#">Book Now</a></p>	 <p><b>Zoom 30 Minute Emotion/Body Code Session</b> Experience emotional resilience while optimizing the body mind and %.</p> <p><a href="#">Book Now</a></p> <p>30 min \$92</p> <p><a href="#">Book Now</a></p>	 <p><b>Zoom 60 Minute Emotion/Body Code Session</b> Gain emotional resilience, balance the body with Body Code, AD Scans.</p> <p><a href="#">Book Now</a></p> <p>1hr \$99</p> <p><a href="#">Book Now</a></p>



# About

## YOUR SESSION

I have been in practice for over 10 years, and this flow is what I have found to best work with my clients who book a 60 minute session.

The first 15 minutes allow for the nervous system to reset, so that the client can get greater results in their sessions.

Incorporating energetic frequencies and balancing with physical techniques supports the client with getting the most gentle and nurturing outcomes in their sessions.

Once your session is complete, you will receive session notes to review and keep track of what has taken place in your journey of energy healing and restoration.



## WHAT A 60 MINUTE ABUNDANCE SESSION LOOKS LIKE

<b>NAME:</b>	<b>AGE:</b>
<b>DATE:</b>	<b>CONCERN:</b>

**FIRST 15 MINUTES**

**Wins:** Client shares wins and successes.

**Check in:** Client provides feedback from previous session.

**Intention:** Client shares what they want to receive/achieve/be today.

**NEXT 30 MINUTES**

**Root cause:** Practitioner scans client to identify root causes, blocks, generational trauma, faulty beliefs, trapped emotions, imbalances in the body, toxins, pathogens, negative genetic expression, food sensitivities, trapped trauma, and more.

**Release:** Discovered energies are discussed with the client and then released at the cellular level.

**LAST 15 MINUTES**

**Physical:** To bring the the shift into the physical world, techniques such as tapping, visualization, grounding, affirmations are used to lock in the transformation.

**Accountability:** Client is offered tools to use to help continue the shift in the body that may include creation cycles, affirmations, remedies, color therapy, herbs, nutrition, and more.

**POST-SESSION**

**Review:** Client will review the session, implement the new tools to construct new thought patterns and new emotions.

**Physical Care:** Client will intentionally hydrate, nourish body with good foods, rest and ground between sessions.

**Community:** Client has access to Facebook group for continued daily support, encouragement and inspiration for holistic living.

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## 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.?

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



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## WHAT DOES ENERGY HEALING FEEL LIKE?

During an Emotion Code, Body Code, or 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.



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# 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.





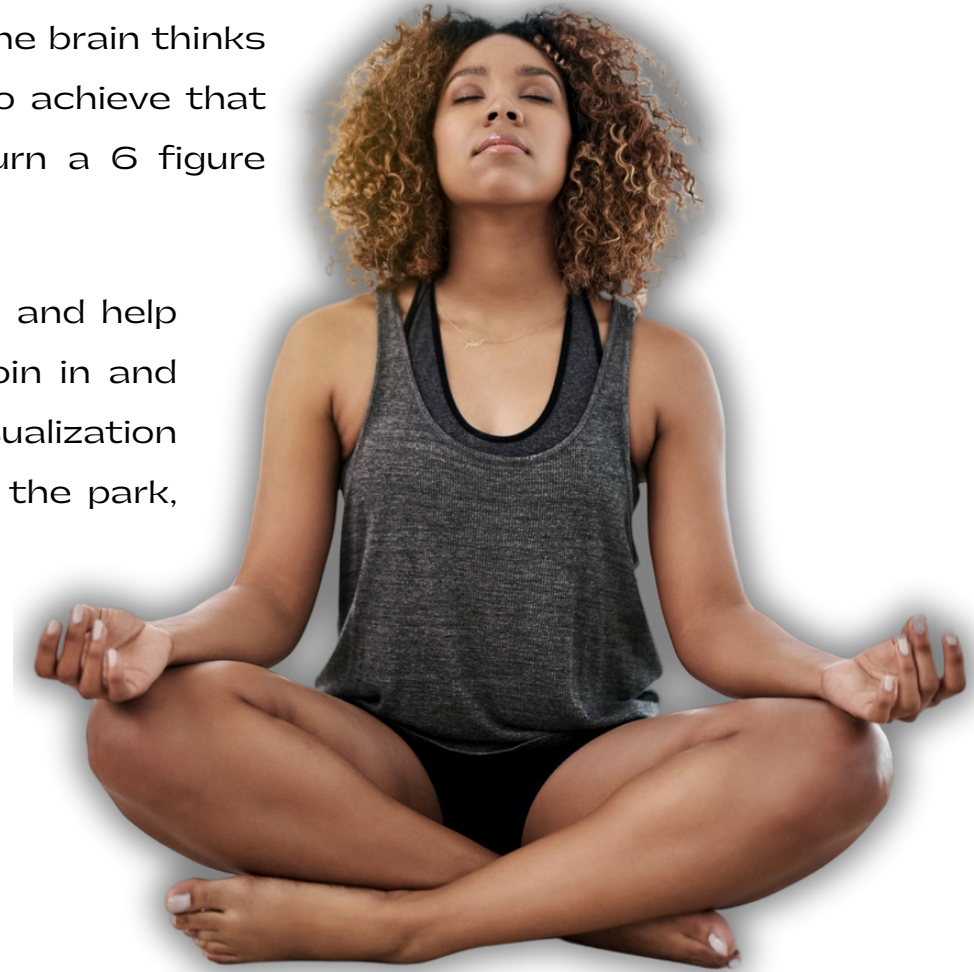
After  
CARE



## 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.



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# Thank

YOU FOR BEING HERE

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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!