

Jump Point

Align Your Energy

Elevate Your Mind, Body & Spirit

Welcome to Jump Point

A nexus for discovering your energetic potential

What does your personal jump point look like?

Together, we will explore your unique Human Design blueprint as a basis to clear unseen programmes and energetic blocks. We work on restoring your natural flow, with gentle intuitive energy healing, my higher self will collaborate with your higher self, to help release what no longer serves you and honour your natural energy flow.

Combining four powerful elements:

- Deep intuition • Human Design profiling
- Positive mindset understandings • Energy healing

Positive mindset is woven throughout, giving you actionable tools, such as tailored affirmations, analogies, appreciation anchors and gentle reframing to reveal your supportive, loving inner voice. This system works to create lasting change: allowing you to come into beautiful alignment, empowered to celebrate and project the vibrant, authentic version of yourself both inwardly and into the world.

I create a personalised, spiritually attuned approach to restore balance, release blocks and live in alignment with your truth.

Tammy

Intuitive Healer

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