



## MY STORY

**Imagine** waking up one day and everything you knew, or thought you knew had vanished, *nothing* absolutely *nothing*, was the same—

- you find out you have been in a three-week medically induced coma because your physical, internal and external injuries are so severe
- you had experienced three cardiac arrests
- you are flat on your back and can't move and don't know why
- everything comes at a distance and people are making sounds but you can't make sense of what is coming out of their mouths—you don't even know they have mouths
- silence is made of cotton-wool muffles
- and your head hurts like mad

Everything from that moment on, until today has been relearned, rediscovered and reframed.

**write4health** tools and practices are an outcome.

*I can share with you*

- Pain management
- Re-awakening language
- Feelings of overwhelm, and utter confusion- what to do or try next
- PTSD, and anxiety
- Awakening from coma, and a near death experience
- Zero to poor motivation
- Low or no energy
- Depression
- Skill re-training
- Sleep challenges

And how **attitude alters outcome** - when one allows it.

I can share with you the outcome of the entirely messy practice, and the magic that still exists in the world. I can share with you how **PLAY** became my way out of darkness and despair.

I can share with you my story—and—if you are willing to come along with me on your own journey, tell your own truths from *inside out*, experience **PLAY** in heart-felt-ness, challenge your myths and glitches when it comes to health and wellness, I can assure you, change will happen, your inner genius *will* come out to **PLAY**, your ability to trust a process will lead, and beckon you, and your suspense of belief in preconceived notions will alter outcomes.

**I realize this is not a fit for everyone- however clinic** participants will possess one or more of these attributes:

- A desire to make a change in their life regarding their personal health and wellness
- A willingness to *let go* of preconceive notions of what works and what doesn't work - *be willing to be surprised*
- Be open to setting clear and simple intentions, and willing to take an action *one step at a time*
- Be willing to witness a joy in *choice*, and *change* through the **PLAY** process - **PLAY** *your way to health and wellness*
- Gain insights into your own healing from *inside out* & *listen to your inner genius*

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