



WEDDING THERAPY

Not so long ago, I had the joyful experience of planning my wedding. It was a wonderful occasion for self-exploration and expression for me, and an opportunity for my fiancé and me to define and co-create the model for our unique marriage. I was not a young bride (chronologically!) and an earlier career in television production had prepared me with the creative and logistical skills required for the “production” of such an event. My current profession as Integrative Therapist helped to provide me with tools for self-awareness and “grounding”, which permitted me to “flow” with the process.

In talking with my clients and some of the wedding suppliers, I realized that my wonderful and growth enhancing experience was not the norm! In fact, many couples found their wedding planning to be one of their most *stressful* experiences! What should have been the happy first expression of their union often reflected the beginning of new conflicts and demands between them, their friends and families; an experience for which most were woefully unprepared.

It was then that I realized I could offer a unique service that would help my clients experience wedding planning as the joyful life passage it was meant to be. Thus, *Wedding Therapy* came into being.

Wedding Therapy is a series of one-on-one sessions that will help you to envision and create your wedding and marriage. Wedding Therapy will help you to identify and eliminate self-limiting beliefs and behaviors that prevent you from manifesting your happiness. Your personal voyage will be an exciting exploration that may include hands-on energy work, systemic and/or family constellations, guided imagery, flower essences, journaling and affirmations. You will determine the quantity and frequency of sessions. Our final meeting will be a subtle energy acupuncture session prior to the ceremony that will align and attune your chakras so that you can be fully awake and aware for your special day!

OUR SERVICES

Process Acupressure

Process Acupressure, as created by Aminah Raheem, Ph.D., is a gentle hands-on technique that works with the whole person to further health, well-being and soul-centered development.

Systemic and Family Constellation Therapy

Based on the work of innovative German psychotherapist and philosopher Bert Hellinger,

this is a provocative tool for uncovering deeply embedded forces in the personal, professional and family ancestral systems. Systemic and Family Constellations demonstrate how events that occurred in past generations impact our life experience today. Hidden systemic and/or family dynamics create disharmony in the “field”. These forces, when brought to light, can then be harnessed for reconciliation and healing.

Chakra Attunement

Chakra Attunement uses the same finger pressure as PA on the Chakra (personal power and energy) centers. We work from root to crown to cleanse, clarify, align and center energies with your highest vibration. A deep state of relaxation ensues and awareness and connection to inner guidance is facilitated.

Flower Remedies

Flower Essences are non-toxic essences homeopathically prepared from the flowers of nonpoisonous plants, bushes and trees to harmonize mental and emotional states. Flower Essences gently correct the emotional upsets that give rise to physical symptoms or delay recovery from illness, thus facilitating a natural state of health and well being.

Guided Imagery

Guided imagery is a kind of “direct daydreaming” which accesses the inner senses to liberate imagination and vision.

Collaging and Journaling

WHAT SOME HAVE SAID ABOUT WEDDING THERAPY

I just wanted to thank you for all the work you did with us before our wedding. Now, having gone through the process I can't imagine not having worked with you before “the big day”. I felt incredibly centered the day of our wedding. And although we did give a lot of attention to details such as flowers, food and music, by the time the wedding was here we were able to stop worrying about those things and really be in the moment and focus on each other.

It actually amazes me that many people do all this work for their wedding and don't prepare themselves emotionally and spiritually. A lot of what we talked about during our sessions found their way into different aspects of our wedding...Our vows that we wrote for each other, times we set aside for each other and special people in our lives during that weekend...we were even able to incorporate “the appreciations” into our rehearsal dinner toasts to include our friends and family.

So I just wanted to thank you for being such an important part of our wedding and thank you for sharing your ideas and stories of your own wedding. The work was very inspiring and allowed us to be truly present for a very important day in our lives.

RD, Actress, February, 2002

Thank you for helping me to experience my wedding day so fully! The acupuncture treatment was just what I needed to feel relaxed, expansive and grounded!

JPN, Computer Programmer, October, 2004

.....I thank you, my husband thanks you, and my mother thanks you.....

KKP, Administrator, January, 2003

Our exploration of my expectations of love and marriage was invaluable in helping me to find my own reality...I am so grateful for your help and guidance...

AF, Pilates Teacher, May, 2002

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