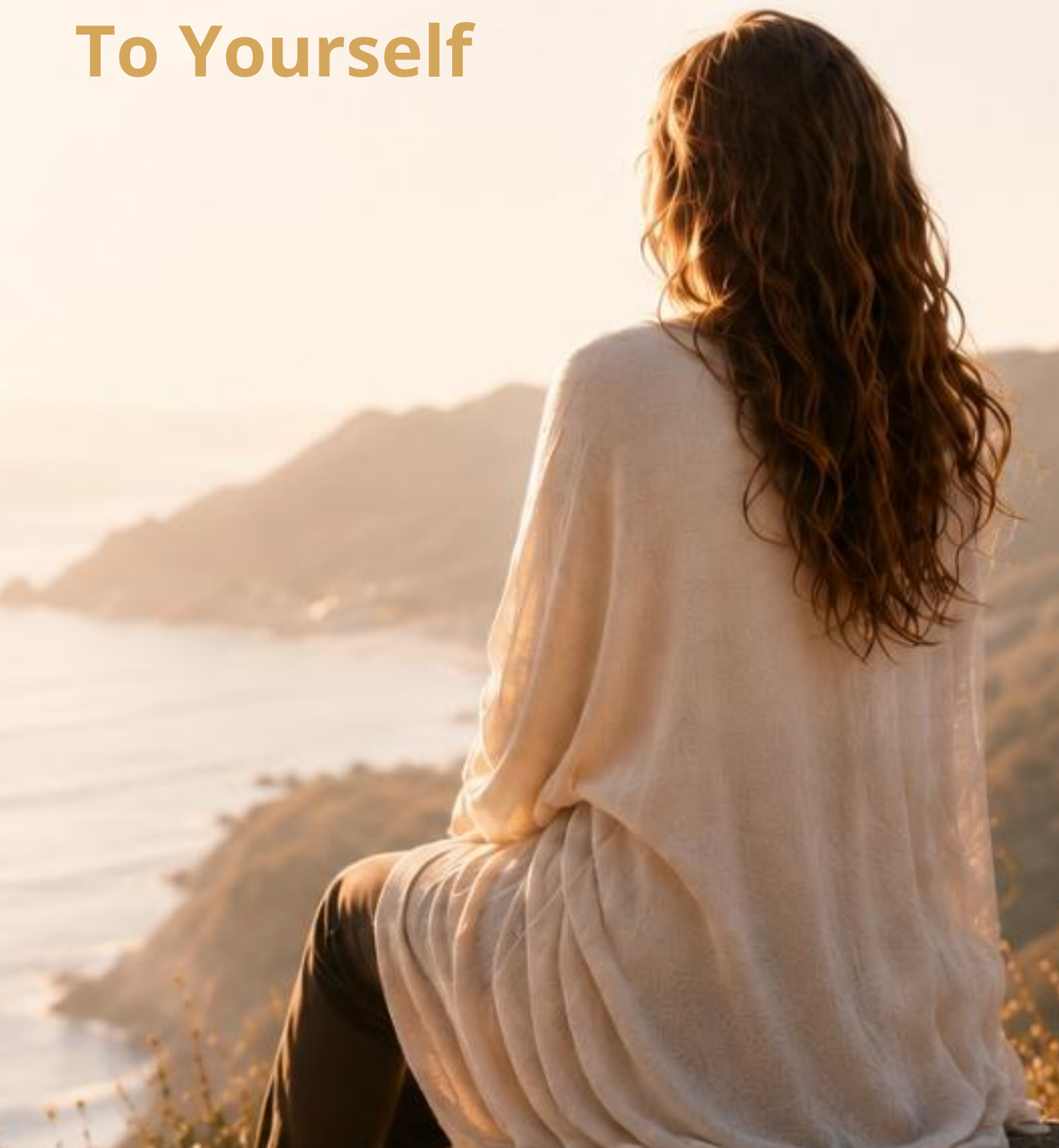




Coming Home To Yourself



A Deeply Personal 12-Week Journey to Reconnect to Yourself & Transform the Patterns Shaping Your Life

For the person who looks like they're coping on the outside, yet feels overwhelmed, disconnected or stuck inside.

What if the patterns you keep repeating are not here to punish you...

What if they are gently trying to guide you back to yourself?

Perhaps you feel emotionally exhausted, overwhelmed or anxious.

You may find yourself overthinking, people pleasing, endlessly proving yourself or repeating the same emotional patterns, relationships or life experiences — despite knowing deep down there is more to life than this.

More peace.

More clarity.

More purpose.

More connection to yourself.

Perhaps a part of you feels unseen.

Unheard.

Like you have spent so much of your life caring for everyone else, adapting, shrinking yourself or silencing your truth, that somewhere along the way you lost connection with yourself.

From the outside, it may even look like you are coping.

You keep going.

You hold everything together.

You support everyone else.

And yet quietly, inside, something feels heavy.

Disconnected.

Unfulfilled.

Perhaps a quiet part of you whispers:

“There must be another way to live.”

If this feels familiar, I want you to know something important:

The patterns you are carrying do not define who you are.

Sometimes the emotional, subconscious and ancestral patterns we carry quietly shape how we think, feel and move through life.

They can keep us stuck in cycles of overthinking, people pleasing, self-doubt, burnout, fear of being seen, difficulty speaking our truth or feeling disconnected from who we really are.

But these patterns are not who you are.

They can be understood.

They can be compassionately explored.

They can be gently healed.

And when this happens, something beautiful begins to unfold...

You reconnect to yourself.

You begin trusting yourself again.

You stop abandoning your needs.

You feel calmer, clearer and more emotionally grounded.

You begin speaking your truth with greater confidence.

You stop living from survival mode.

And perhaps for the first time in a long time...

You feel truly seen, heard and fully expressed.

Welcome to *Coming Home to Yourself* - a deeply personal and transformational 12-week healing journey designed to help you understand the deeper patterns shaping your life, reconnect to yourself and create lasting transformation from the inside out.

This is not about becoming someone new.

This is about gently remembering who you have always been beneath the conditioning, overwhelm and emotional weight you have carried.

A Gentle Invitation to Begin

If something within you is quietly whispering:

“I’m ready for things to feel different...”

Trust that.

You do not need to have everything figured out.

You do not need to feel fully ready.

This is simply an invitation to gently reconnect to yourself and begin understanding the deeper patterns shaping your life.

Or, if you would prefer to connect first, you are warmly invited to book a complimentary clarity call.

A relaxed, supportive space to ask questions, explore what you are experiencing and gently discover whether this journey feels aligned for you.

Book a Complimentary Clarity Call

To book your call scan the QR code or go to

<https://calendly.com/rosalind-smith/living-in-alignment-clarity-call>



A Personal Welcome From Rosalind

Hi, I'm Rosalind.

For over 23 years, I have supported people through healing, transformational work and spiritual guidance - helping them better understand themselves, heal deeply rooted emotional patterns and reconnect to who they truly are.

My work gently blends emotional healing, inner child healing, ancestral healing, nervous system support and intuitive spiritual insight to help people move beyond the patterns that have quietly kept them stuck.

At the heart of everything I do is this:

Helping people feel safe to be themselves.

To trust themselves.

To honour their needs.

To stop shrinking.

And to finally feel seen, heard and confident enough to speak their truth.

Through my private work, workshops, retreats, speaking and podcasts, I create nurturing spaces where transformation can happen gently, safely and deeply.

If you are here, I want you to know:

You are warmly welcome exactly as you are.



This Journey May Be For You If...

Deep down, something feels ready to shift.

You may be:

- > Feeling emotionally exhausted, anxious or overwhelmed
- > Looking like you are coping on the outside but struggling quietly within
- > Repeating emotional or relationship patterns that leave you drained
- > Constantly overthinking or finding it difficult to switch off
- > Tired of people pleasing or putting everyone else first
- > Feeling unseen, unheard or disconnected from yourself
- > Struggling to express your needs or speak your truth
- > Feeling stuck in self-doubt or afraid of being fully seen
- > Craving more peace, purpose and emotional freedom
- > Wondering why life keeps presenting the same lessons or challenges
- > Ready to stop surviving and start living more intentionally

You do not need to have everything figured out. Only a willingness to gently explore what may be ready to shift.

What If Your Patterns Are Not Your Punishment - But Your Pathway?

The patterns showing up in your life are often not random.

They can be invitations.

Invitations to understand yourself more deeply.

To heal emotional wounds.

To release what no longer serves you.

To reconnect to the calmer, wiser and more authentic version of yourself.

Together, we gently explore the emotional, subconscious and ancestral patterns shaping your life so healing can happen at the root - not just on the surface.

This work is deeply personal, intuitive and guided by where you are in your journey.

No two experiences are ever the same.

Together, We Will Gently Explore

- > The deeper patterns keeping you stuck
- > Inner child healing to gently heal emotional wounds at the root
- > Ancestral healing and recurring life themes
- > Emotional healing and nervous system support
- > Releasing people pleasing, proving and self-sabotage patterns
- > Understanding subconscious beliefs and emotional triggers
- > Reconnecting with your intuition and self-trust
- > Learning to honour your needs and speak your truth
- > Feeling more seen, heard and confident being yourself
- > Spiritual insight to better understand your life journey
- > Living more peacefully, presently and purposefully

Imagine What Life Could Feel Like If You...

- > Felt calmer and more emotionally grounded
- > Trusted yourself and your decisions
- > No longer repeated exhausting emotional patterns
- > Felt deeply connected to who you truly are
- > Felt safe to speak your truth and honour your needs
- > Could create healthy boundaries without guilt
- > Felt seen, heard and emotionally supported
- > Understood why life keeps presenting the same lessons
- > Felt more peaceful, clear and emotionally free
- > Lived with greater purpose, confidence and self-trust

This journey is about gently coming home to yourself.

Remembering:

Your voice matters. Your needs matter. You matter.

What's Included

12 Deeply Personal 1:1 Healing Sessions

This is a highly personalised and intuitively guided healing experience designed specifically for *you*.

Over 12 weeks, you will receive:

- > **12 private 1:1 healing sessions with Rosalind**
- > **Sessions available in person in Laughterton, Lincoln or online via Zoom**
- > **WhatsApp support between sessions** for gentle guidance, reassurance and reflection as things arise
- > **Deep emotional healing, transformational support and intuitive guidance**
- > **Inner child healing, ancestral healing and nervous system support**
- > **Personalised reflections and gentle practices tailored to your journey**
- > **A nurturing, compassionate and safe space where you feel fully seen and supported**

Why 12 Weeks?

Real transformation takes time.

The patterns we carry - emotionally, subconsciously and ancestrally - are often deeply rooted.

Healing is not about rushing.

It is about creating enough safety, support and space for meaningful change to unfold.

Over 12 weeks, we gently uncover what may be ready to heal, release or be understood while allowing time for reflection, integration and lasting transformation.

This is not a quick fix.

It is a deeply personal investment in yourself.

In your healing.

In your future.

In finally coming home to yourself.

What To Expect

Every session is deeply personal and intuitively guided.

Some sessions may feel reflective and insightful.

Others may bring emotional healing, clarity or powerful breakthroughs.

Some may feel deeply nurturing.

Others may gently challenge old ways of being that no longer serve you.

Together, we uncover what may be ready to heal, release or be understood - helping you reconnect to yourself in a way that feels safe, supportive and deeply empowering.

You will be lovingly supported throughout.

Your Investment

£3,000

A deeply personal 12-week journey of healing, support and transformation.

Includes:

- > 12 x private 1:1 sessions
- > In person in Laughterton, Lincoln or online via Zoom
- > WhatsApp support between sessions
- > Deep healing, emotional support and personalised guidance
- > Tailored practices and reflections to support your growth

A 3 month payment plan is available on request, please speak to Rosalind for more details.

Sign Up

Scan the QR code or click the link to sign up

<https://rosalind-smith.com/coming-home-to-yourself/#signup>



Kind Words

"I recently started working with Rosalind and my life has completely changed since then. I have worked with my different healers and spent thousands of dollars but Rosalind is different. Her ability to channel Source, verbalise and shift specific energy imbalances and create massive transformation is mind blowing. There are certain issues I have been struggling with for decades and within a few sessions, these issues are resolved.

The sessions were so powerful that it even caused a ripple of healing through the key people in my life. Never have I witnessed generational trauma healed in such a short period of time nor have I visibly seen such profound change in others.

I can't imagine not having experienced this healing and beyond grateful knowing the quantum leap I have taken because of the transformation that's taken place. Rosalind, thank you. You are truly a godsend and miracle worker."

Timea Urban – The Urban Healer

"I've always known I was meant for more, but struggled to believe that I have what I need in order to be successful. Working with Rosalind allowed me to heal in a way that I never knew was possible. It helped me to see that I am not alone and that I am being guided by the divine. I am more certain than ever that what is meant for me is mine to have.

Andrea Crisp - Empowerment Coach & The Couragecast

I just wanted to tell you how much I appreciate you and the work you do!

I remain stunned by what I learned during our session. What a gift to learn what has been driving my behaviour all these years and have the chance to be rid of the proving energy that has plagued me. After our session, I've discovered a different way to be in the world. What a gift!

Thank you again!

Kim C

A Final Gentle Invitation

If you have found yourself here, perhaps a part of you already knows something is ready to shift.

Perhaps you are tired of carrying it all alone.

Tired of overthinking.

Tired of repeating the same patterns.

Tired of feeling unseen, unheard or disconnected from yourself.

Or perhaps you simply know, deep down:

“There has to be more than this.”

If that feels true for you, I want you to know:

You do not have to navigate this alone.

Coming Home to Yourself is a deeply personal 12-week journey of healing, support and transformation - helping you reconnect to yourself, understand the patterns shaping your life and begin living with greater peace, confidence, self-trust and purpose.

If something within you is quietly whispering:

“I think I’m ready...”

Trust that.

I would be honoured to walk alongside you.

Questions or unsure if this feels aligned?

You are warmly invited to book a complimentary clarity call.

A gentle, no-pressure space to connect, ask questions and explore whether this feels like the right next step for you.

Book a Complimentary Clarity Call

<https://calendly.com/rosalind-smith/living-in-alignment-clarity-call>



Frequently Asked Questions

How are the sessions delivered?

You can choose between:

In-person sessions in Laughterton, Lincoln or **Online via Zoom**, allowing you to join from wherever you are.

How long are the sessions?

Sessions are intentionally spacious to allow meaningful healing and transformation. Full details will be discussed when we begin.

Do I need to be spiritual?

Not at all. Many people simply arrive knowing something in their life feels stuck, overwhelming or ready to change. You are welcome exactly as you are.

What if I feel overwhelmed or unsure where to start?

That is completely okay. Many people begin this journey feeling emotionally exhausted, anxious or disconnected from themselves. You do not need to have everything figured out before beginning.

Is this therapy?

No. This is a deeply supportive healing and transformational experience that gently blends emotional healing, ancestral awareness, nervous system support, intuitive guidance and spiritual insight.

What if I'm unsure whether this is right for me?

You are warmly invited to book a complimentary clarity call - a gentle, no-pressure space to ask questions and explore whether this feels like the right next step for you.



www.rosalind-smith.com