



INNER HEALER

• 4D TRANSFORMATION •

Intro to

Inner-Work Book

Your Introductory Guide to
Healing from the Inside - Out.

The True Power lies Within.



You are here
for a reason...

Introduction to Inner-Work E-BOOK

Welcome to INNER HEALER 4D TRANSFORMATION

We are so delighted to be able to share more about INNER HEALER with you!

This little E-book offers an introduction to who, what and why we are, provides some simple tools and techniques, mindful practices and self-inquiry.

You are given the opportunity to reconnect yourself in a deeper level and tap in your own healer.

It's an invitation to actively participate in the creation of your life. This course will take you to another level of intimacy with yourself in beautiful and powerful ways and exercises. You will be guided during this journey of self-observation, releasing emotions, enjoying the pleasure of healing, exciting yoga and meditations... All to embrace a new perspective about yourself and life.

This book is designed to give you the basics you need to know to start your path of least resistance and follow your heart with ease, grace and confidence. Be empowered by your own Inner light!



Jeni Louise

Studying and teaching from an early age, I am passionate about sharing the power of knowledge, love and meditation with as many people as possible.

Professionally, A Yoga instructor and Qualified Teacher Trainer.
Creative Artist and Author.

My passion is to enable those that are seeking change, more peace, balance, harmony, a deeper understanding of life, to open their heart and trust the guide within.

JENI INSTAGRAM

WHO WE ARE



Idit Nissenbaum

After dealing with bulimia and depression, I learned how to love myself unconditionally and live life fully.

Professionally, a spiritual multimedia artist, sacred feminine photographer, yoga teacher, women's circles' facilitator and the creator of Self-Love Portrait.

My passion is to support women to raise themselves up, to connect to themselves, to become creatively self-empowered and live their full potential.

IDIT INSTAGRAM



WHY SHOULD WE INNER HEAL?

YOU DESERVE TO BE HAPPY, PEACEFUL AND WHOLE IN YOUR
BODY, MIND, HEART AND SOUL.

You are the one that knows what is good for you and what is not.

Everything is already within you. And it is our mission to remind you of that.

We want every person seeking this fulfilment to recognise this true essence, highest self, greatest strengths and infinite power, to tap in your full potential of being and stand up, empowered to be whoever you are **IN THIS MOMENT**.

Our Method is very specific. Beginning with Love and learning about the 4 dimensions that exist within you. Discover how to approach self-healing through all those 4 dimensions - physical, emotional, mental and heart.

Mission & Vision



Our Mission and Purpose
is to provide Simple, Effective
Tools and Techniques to ignite
and enhance personal power,
self-healing & self-love in all
those seeking lasting
transformation.



Our Highest Vision
is to spread love, service
and support to as many
people as possible using
healing and wellness with a
professional, experiential
and authentic approach.



“ Inner healer is a place of Authenticity, Healing and Support. Grow together with like-minded people and incredible Women, working towards personal growth, a deeper understanding and connection, filled with love, for the good of ourselves and others. You never need to feel alone. ”

WHAT WILL BE COVERED

Love



Healing



Transformation



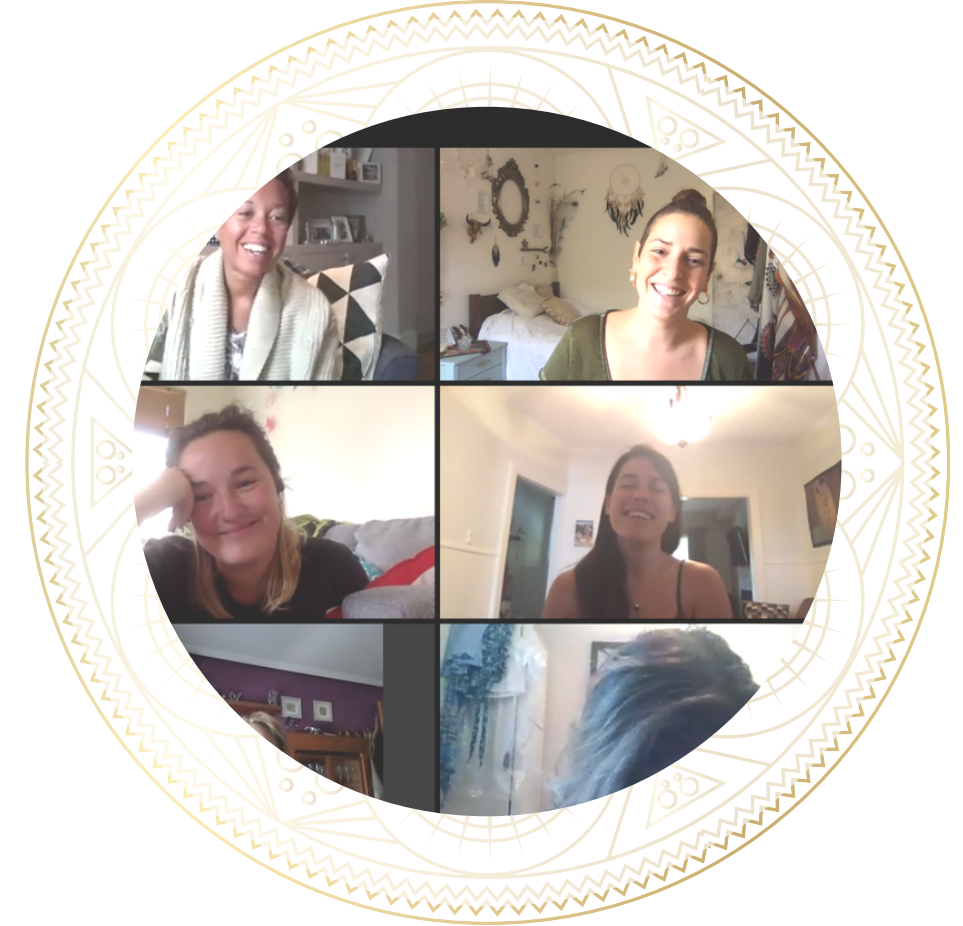
WHAT YOU WILL RECEIVE



EXPERIENCE



EFFECTIVE TOOLS



SUPPORT



What does 4D mean?

The INNER HEALER METHOD is based on a very ancient system of recognising that we have a Multi - Layered nature and although we appear to be ONE single identity, we have different signals, voices and experiences with reality from the different "dimensions" of our selves.



The Physical Dimension

Deepen the relationship with your Body. Experience and observe your body as a map. Nourish respect it as a vessel and vehicle for your experience of life and healing.



The Emotional Dimension.

Deepen the relationship with your Emotions. Experience and observe your emotions as a compass, to listen to what they are saying and heal through expression and trusting their directions.



The Mental Dimension.

Deepen the relationship with your Mind. Experience and observe the Mind as an explorer. Transform the Mind into a co-creator and support in your adventure of life.



The Heart Dimension.

Deepen the relationship with your Heart. Experience and observe the Heart as your highest inner-guide. Awaken the essence of the Heart to be your Healer, the witness of simple beauty in life and the light that guides you home.



TOOLS, EXERCISES & PRACTICES





PHYSICAL DIMENSION

INQUIRIES FOR THE BODY:

- ▶ What about your body are you truly grateful for?
- ▶ How can you honour and nourish yourself more?
- ▶ What is the habit that will make you stronger in your body?
- ▶ Can you listen to your body more?

YOGA ASANA PRACTICE

ASANA: with Posture, Benefit, Affirmation

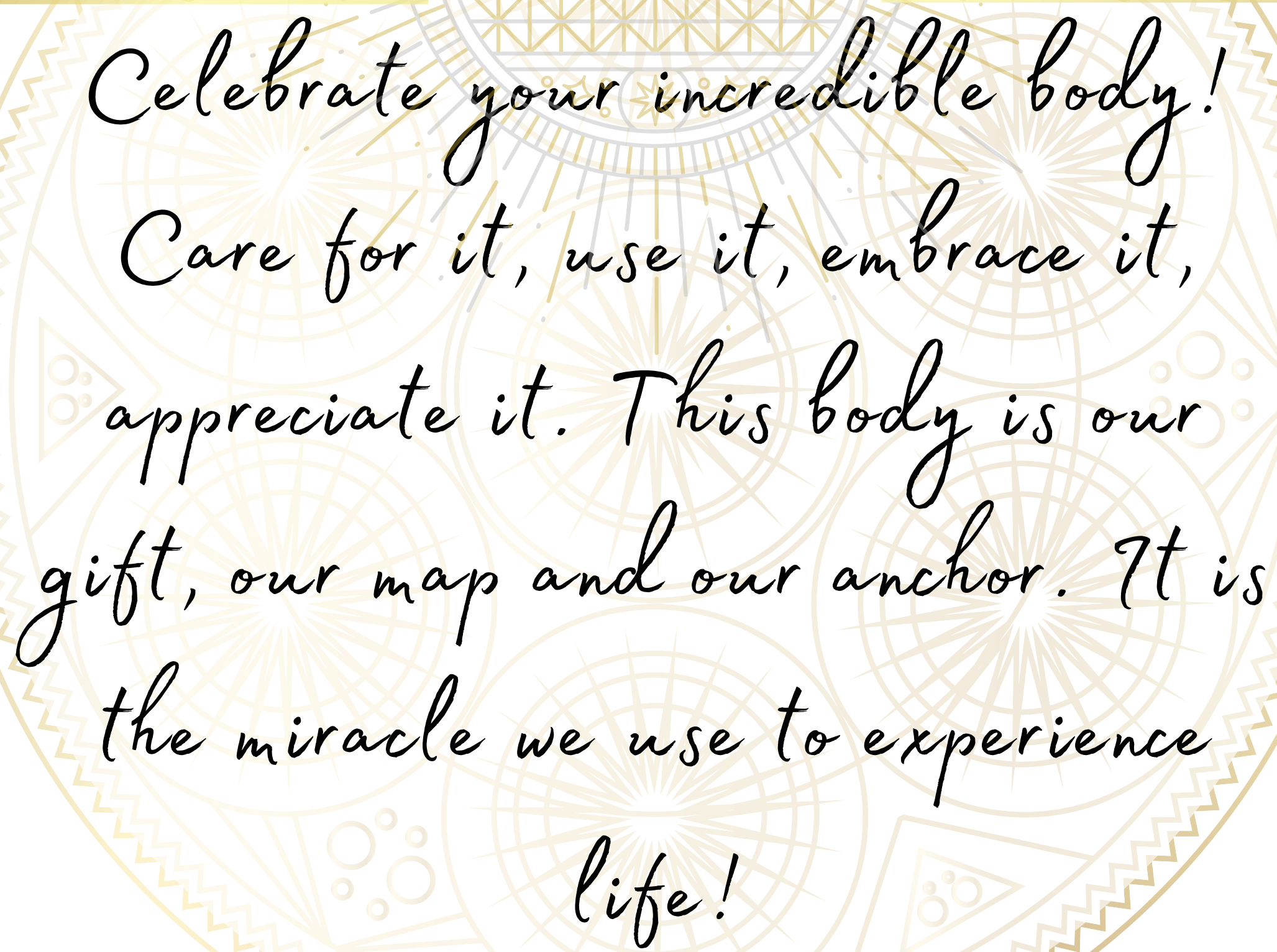
ALL LEVELS



FORWARD FOLD
Hamstrings & Lower Back
I AM Grounded & Connected



WARRIOR II
Thighs & Shoulders
Empowered & Capable



Celebrate your incredible body!
Care for it, use it, embrace it,
appreciate it. This body is our
gift, our map and our anchor. It is
the miracle we use to experience
life!

- Inner Healer

What I love about Body:



EMOTIONAL DIMENSION

INQUIRIES FOR THE EMOTIONS:

- ▶ What do I feel grateful for today?
- ▶ What do you admire about yourself?
- ▶ What do you love about yourself RIGHT NOW?

BREATH PRACTICE

Calm the nervous system, Regulate Emotions

1. Take a comfortable seat on the floor, a pillow, a chair etc.

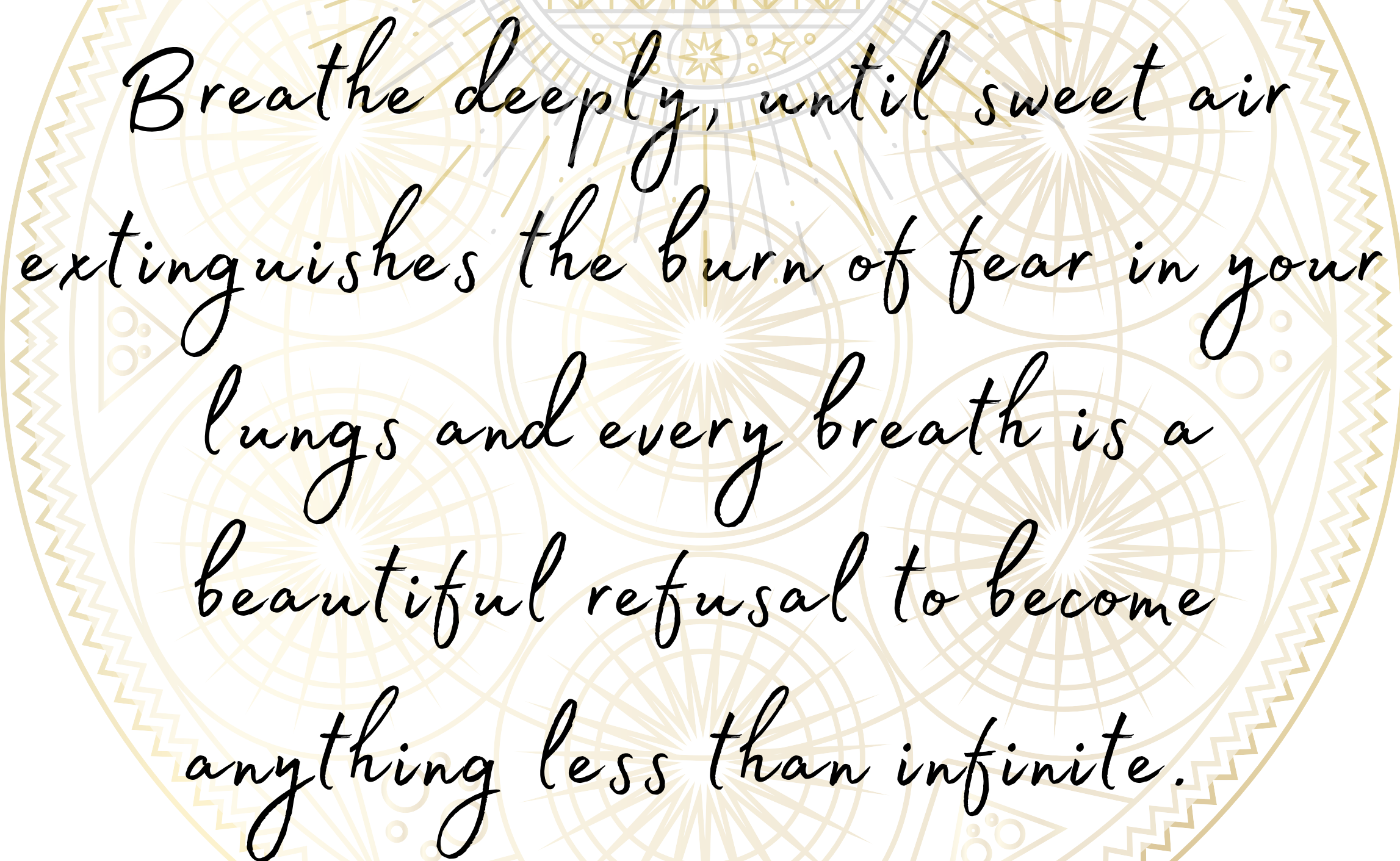
2. Make sure the spine is straight and the shoulders are relaxed.

3. Start to deepen the breath into the lowest part of the stomach.

4. EXHALE
Hands to the of the lower stomach (Base of Central Nervous System)



5. INHALE
Draw the hands up to the brain, open up the chest



Breathe deeply, until sweet air
extinguishes the burn of fear in your
lungs and every breath is a
beautiful refusal to become
anything less than infinite.

- D. Antoinette Foy

I feel most calm when...:



MENTAL DIMENSION

INQUIRIES FOR THE MIND:

- ▶ Do you think more about the past or the future?
- ▶ What thoughts do you want to have more of?
- ▶ Do you spend more time in the past or future?

MINDFULNESS PRACTICE

Trataka

A simple way to put your attention on one thing is to meditate on the flame of a candle. In this technique of trataka, or candle gazing, is calming for the mind, gives a beautiful point of focus, fire is always an incredible metaphor for change and transformation, it also helps override unconscious urges— the mind to wander from the object, the urge to blink.

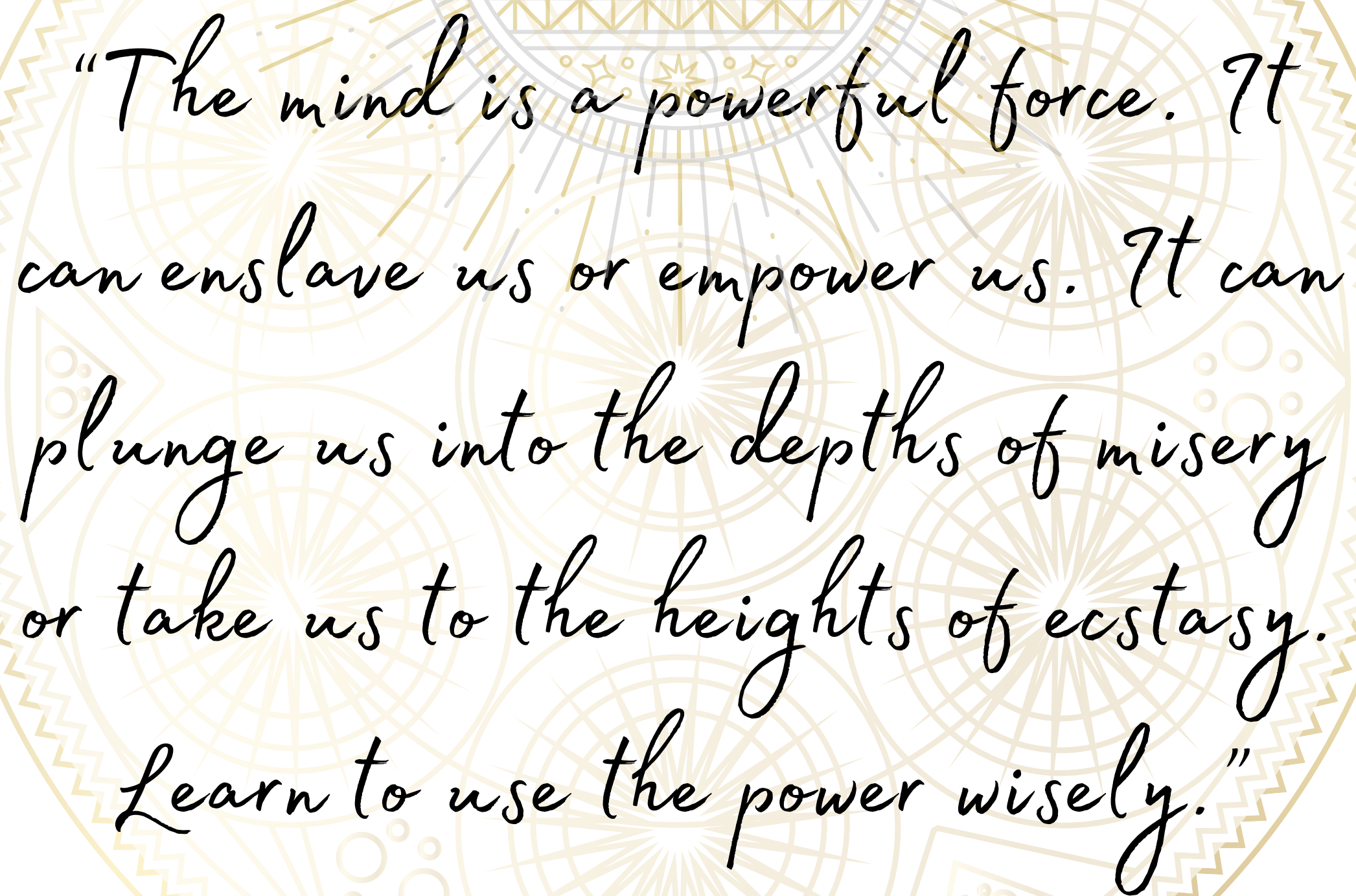


1. All you need is candle and a comfortable cushion or mat. Give yourself enough time without external distractions.

2. Sit comfortably and take your gaze and attention to the candle flame.

3. Continue with the focus on the candle or close the eyes and visualise the flame in your mind's-eye.

4. Any time you notice the mind has wandered to thinking, bring it back to the object of focus.



"The mind is a powerful force. It can enslave us or empower us. It can plunge us into the depths of misery or take us to the heights of ecstasy. Learn to use the power wisely."

- David Cuschieri

My strengths are:



HEART DIMENSION

INQUIRIES FOR THE HEART:

- What do I feel grateful for today?
- What do you admire about yourself?
- What do you love about yourself RIGHT NOW?
- When was the last time you gave yourself a hug?

HEART PRACTICE

SELF HUGGING

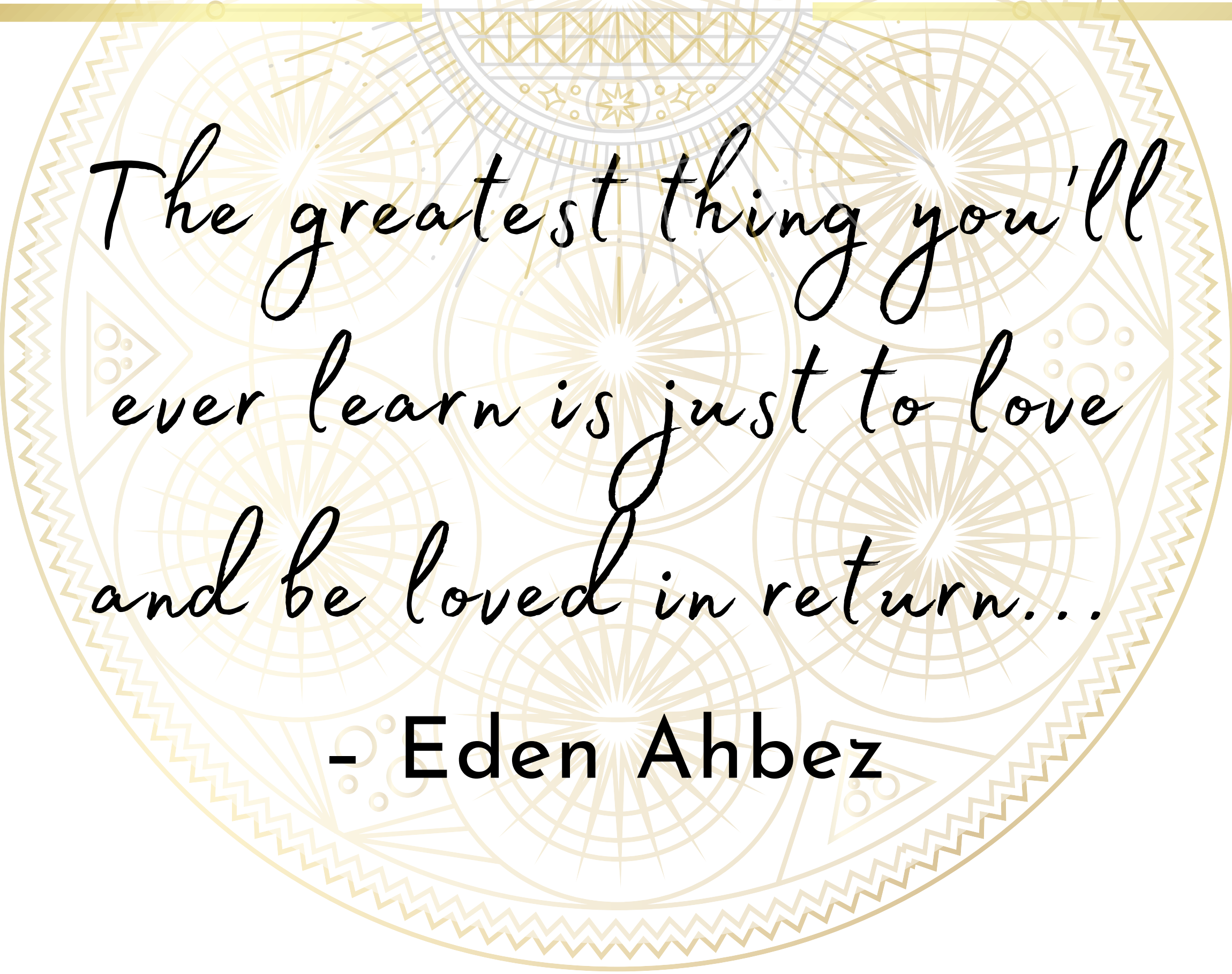
A Short practice:

Within each of us is an inexhaustible supply of LOVE.

Whether it's when you wake up in the morning, just before you go to bed, or any time in between to show appreciation, self-compassion and gratitude.

Hug yourself and remember what a wonder you truly are, open your heart up to everything you are right now and observe how it feels.





The greatest thing you'll
ever learn is just to love
and be loved in return...

- Eden Ahbez

I am truly grateful for...



Inner Healer

Continuing the Journey...

And opening up further inquiry

Can you make
time for
yourself?

Can you
develop a
consistent
practice?

How
important is
this journey
for you?

Do you feel
ready to
invest in
yourself?

What was your experience with the book and practices so far?

COMMITMENTS AND INTENTION FOR YOUR JOURNEY FORWARD

My onward intentions and commitments are:



We are here for you...

JUST AS YOU HAVE COMMITTED TO US IN READING THIS TEXT AND PRACTICING THE TOOLS AND TECHNIQUES, WE ALSO COMMIT OURSELVES TO YOU.

We have dedicated ourselves to continuing to provide support to as many people as possible, in person, through one on one sessions, workshops and retreats and by creating and sharing as much inspiring, motivational, healing content as possible, spanning all dimensions.

The PURPOSE of this small book is to introduce ourselves and some of our favourite techniques to you. To empower you to know that you here - on this planet, in this body, with this mind and heart - for a reason and you are never alone.

We aspire to continue to build a safe network of support, provide accessible information, inspire and motivate action and of course hold Love as the beginning and end.

We want to be a home for anyone and everyone that needs it.

As we all continue on our paths of inner-healing, cultivating self-love and a deeper sense of self-respect, worth and power, it is important to stay connected and continue to share our experiences, ask questions and reach out for support.

AND THEN WHAT...?

After this introductory mini-book there are so many ways to get involved, work with us personally, attend the workshops and retreats, take our online courses and certified trainings programs.

We also run Inner Healer sessions specifically for professionals (Teachers, Yoga Instructors, Therapists, Life-coaches, psychiatrists who want to collaborate with us and share with each other. To use the method and techniques to diversify their own practices and provide a more holistic approach to healing and wellness.

We are passionate about providing as many ways as possible to create accessible content and non-exclusive work so as many people as possible can start, continue and deepen their healing journeys with us.

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We are delighted to share with you some news about what is coming up that you can be part of.

Please share with others too as we continue to grow in our community and what we can offer!

VISIT THE WEBSITE & BECOME A MEMBER:

Innerhealer4d.com



MEMBERSHIP GIVES YOU ACCESS TO EXCLUSIVE FEATURES, SPECIAL OFFERS AND ADDITIONAL RESOURCES.



[BECOME A MEMBER](#)

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JOIN THE
WHATSAPP
COMMUNITY



PERSONAL TRANSFORMATION

Working on a 1 on 1 basis with Idit & Jeni is a way to accelerate your transformation and personal Inner-healing journey.

[Book a Private Session](#)

ONLINE COURSES & TRAINING

Introduction to Well-Being Mastery, well-being courses, personal and professional training programs are available in self-led or guided courses.

[Access Courses and Training](#)


WORKSHOPS & RETREATS

Our workshops and retreats are a great way to get to know us, connect with like-minded people and to learn and practice more tools and techniques for self-love, inner peace, health and well-being.

[Find out more...](#)

[INSTAGRAM](#)

[FACEBOOK](#)



A "healer" is not someone you go to
for healing.

A "healer" is someone that ignites in
you your own ability to heal yourself.



*Always with Love,
Jeni & Idit*