

INWARD BOUND



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the ultimate adventure

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“Your real voyage of discovery lies not in seeking new landscapes, but in having new eyes.”

Marcel Proust

Great master teachers of ancient wisdoms and poetic truths have historically sighted inner landscapes as prime locations for launching journeys to discover the realities of ourselves, our purpose, our connection with the universe.

You see, it is after all, about us. Not the self-focused, self-involved little us, devoid of interaction and regard for others. Rather, the Us that seeks to find our true function among humanity. The Us that will allow Spirit’s urge to move toward our divine, ideal expression of life at its fullest, most joyful condition.

Let’s equate this joyful condition to chocolate. Consider the relationship between this dark, satisfying substance we crave, and the similar seeking for dark, satisfying connection to the soul. How can we savor the sweetness of the shadow (chocolate), inherent in soul journeys, while acknowledging, yet not indulging in, the fear, guilt, and shame possibly encountered while diving deeply into this bittersweet chocolate of our soul?

As we begin this journey inward, longing for the depth of experience, we can safely engage with these bittersweet moments, as the practitioner gently guides this chocolate experience. We are assisted in accessing our inner intelligence which transforms old traumas into wholeness. Like water for chocolate, life itself supports this bittersweet journey.

This chocolate process is particularly useful for:

- resolution of shock trauma
- addiction recovery
- rediscovering the Creative Self
- relief from anxiety, depression, fears and phobias
- spiritual attunement
- enhancing personal relationships
- couples counseling
- past life regressions

The practitioner supports the process by assisting us in discovering what was once hidden. Trapped energies can be transmuted and integrated back into the river of life - our flow strengthens. As we are guided to source; insights, healing and joy await our arrival and may delight our senses.

Holistic Psychotherapy, as practiced here, is based on the principle that life is a metaphor. The whole body, or being, which includes the mental, emotional, physical, and spiritual bodies, is seen as a bridge to the soul, and a vehicle for **personal transformation**. This work focuses on developing spiritual maturity and psychological insight, allowing needed space in which to make life choices, allowing needed space in which to live freely.

In the words of clients:

"Working with Lorraine helped me obtain insights and move through blocks that was not realized in conventional therapy."

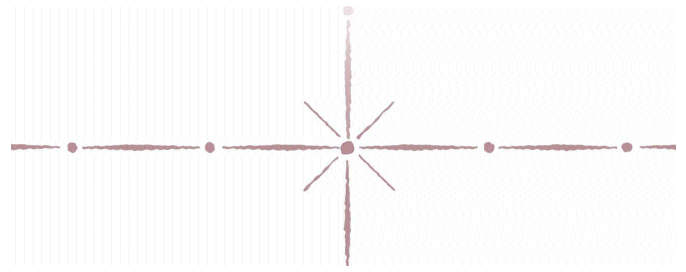
Linda, L.C.S.W.

"I repeatedly tried, and gave up on finding a cure for my Bulimia, which caused overwhelming shame and dread since age 13. Not only are my mind and body healed of Bulimia, but I have a new sense of confidence, trust, and belief in myself. I can now say with conviction that I respect myself. Since seeing Lorraine, I have a lot to look forward to. I received complete healing of my eating disorder."

Massage Therapist

"Patients referred to Lorraine have undergone physical and spiritual healing. There were no words to describe the joy and peace I felt when Lorraine helped me open my heart chakra and connect with my higher self. Lorraine has the gifted ability and gained wisdom to channel the human's subtle energy and to direct it where it is most needed. She helped me gain further understanding of the human condition."

Lilly Lei, MD



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is a holistic psychotherapist who is a New Jersey State licensed Social Worker with a Masters degree from NYU. She holds credentials in Spiritual Hypnotherapy, Phoenix Rising Yoga Therapy, Body-Centered Psychotherapy and Brazilian Spiritual Shamanism.

In addition, she is a professional level Registered Yoga Teacher with 15 years of teaching experience; empathic energy practitioner; and a Somatic Experience Practitioner with 10 years of counseling experience.

Lorraine offers a safe space for transformational possibilities, and assistance in translating particles of our existence, by giving voice to poetic expressions of the soul. Her practice is located in Bergen County, New Jersey.

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