



Reclaiming WITHIN

A 4-Month Transformational Journey to Release
Bound Emotions & Trauma
So You Can Reclaim YOU

WWW.HEATHERE.COM

hey, I'm heather!

We are going to journey together to identify and release the bound emotions & trauma that has been holding you back!

But you may want to know who I am and why I can help you with this...



If you are currently reading this I'm guessing you are ready for something to be different in your life.

You may be wondering why you keep doing the same things over and over that you don't want to do.

You may be thinking "Something HAS to change in my life. It HAS to be me and it HAS to be now!"

I get it. I've been there.

As someone who has struggled emotionally much of my life doing the same things over and over and that I didn't want to do and finally figuring out how to STOP doing that, I stand for helping women expand their energetic capacity so they can feel safe receiving more ~ money, visibility, support, and ease.

With a master's in counseling and more certifications to list, I love to combine all of my tools to help you Reclaim Within so that you can love the life you are living.

It's so much closer than you think.

Once you Reclaim Within, life expands.

Are you ready?



[@heather_m_esposito](https://www.instagram.com/heather_m_esposito)

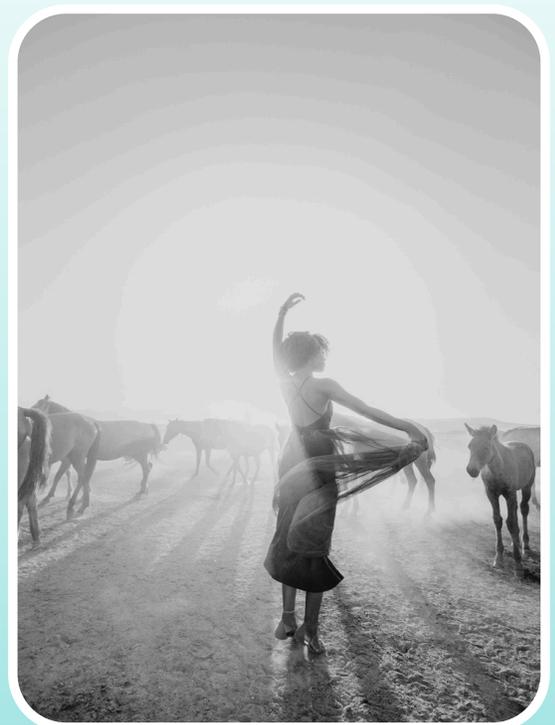
www.heathere.com

Reclaiming WITHIN

Transformational Journey to Release Bound Emotions & Trauma So You Can Reclaim YOU

THIS JOURNEY IS FOR YOU IF...

- You feel like something is holding you back but don't know what it is
- You've tried coaching and therapy before but it hasn't helped as much as you'd like
- You are ready to go deeper and get to the ROOTS of what's been holding you back
- You are ready to release those ROOTS and start building new, healthy, empowering ROOTS!
- You believe...
 - Something HAS to change.
 - It HAS to be me.
 - It HAS to be now.



What's Included



Safe and Sound Protocol

This foundational Protocol is designed to gently retune the nervous system so it can respond to life with more flexibility, resilience, and ease.



Eight 1:1 Calls

We'll meet for 60 minutes, 3x a month to work on clearing emotional baggage & trauma so you can be open to receiving more.



Unlimited Voice Messaging Support

Because support is so important to our healing, you'll have access to me via Voxer or voice messaging between sessions.

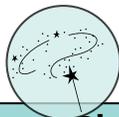


Nervous System Regulation Course & Tools

Access to a "Secret" Podcast that is all about understanding your Nervous System and how to create a calm state.

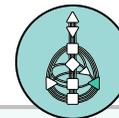
Additionally, you'll learn 20+ tools to create a regulated Nervous System to have a peaceful future..

It's one thing for us to do the work on calls, It's another for you to have the tools to use In real life!



Energy Clearing

In the first month, between sessions, I'll be working behind the scenes to clear out the trapped emotions In your Heart Wall that's preventing you from creating the life you desire.



Human Design Blueprint

Discover your energetic blueprint – aka your soul's user manual! Learn how you're uniquely wired to make aligned decisions, interact with the world, and live with more ease, clarity, and purpose. No more second-guessing – just full permission to be you.



Myra ~ Your Sacred Companion

She's a custom GPT programed with Human Design, Sacred Money Archetypes & Nervous System work for your 24/7 access



Money Energy Blueprint

This is ALL about YOUR ~ your subconscious beliefs, nervous system patterns, and energetic imprints around money—most of which were programmed long before you even realized it.

Reclaiming WITHIN

What's Included

Myra ~ Custom GPT	\$111
Nervous System Regulation Course & Tools	\$497
Human Design Blueprint	\$850
Money Energy Blueprint	\$850
Safe and Sound Protocol (SSP)	\$1,200
Eight 1:1 60 Minute Calls:	\$1,400
Unlimited Voice Messaging Support	\$3,000
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Total:	\$8,508

YOUR Investment

Pay In Full

\$2,497 (pay In full)

Payment Plans Available When You Go to The Checkout
Through Klarna or Afterpay.

YOU CAN CLICK ON YOUR CHOICE TO SIGN UP OR GO TO THE LAST PAGE TO BOOK A CALL IF YOU HAVE SOME MORE QUESTIONS.

CLIENT Praises

Heather is a magician, truly.

In the almost 2 years that I've been working with her, I am healed of infertility, depression, anxiety, OCD and so many other ailments. She is that support system I always fall back on.

It's not so much that she heals me, it's more that working with her opens up opportunities for healing and this is where the magic happens.

I am truly grateful for all the leaps I have made in my life thanks to our work together and know that I am safe now because I have the best by my side.

Julia A. Hoboken, NJ



Thank you so much Heather!!! I was feeling really sad, like I wanted to cry. I don't know how this thing work, but it does. My life has changed for the best since you worked on my heart wall, so I want to thank you so much for introducing me to this type of work!! 🥹

Like Reply 1d

Hi Heather, I wanted to share with you. I had an experience come up recently where I normally would have felt shame in the situation even if it wasn't warranted. And you know what, I didn't! I was able to move through that situation for what it was and no longer be weighed down but such a dense energy from the past. I know our session where you helped me release this emotion contributed to that shift. Thank you 🙏❤️

I'm noticing how I'm feeling different--a week ago I was feeling unlovable or be in a position to be loved by anyone.

Now I'm really taking in the emotion of taking in the openness of being vulnerable to what the universe has for me for someone like me, that's a really different feeling and I'm leaning into it!

Yes!!! So much positivity has been coming my way. It's just amazing. Very grateful I connected with you.



With each step I felt lighter and freer. I love feeling me as my desire I feel a closeness and a knowing of her inside me becoming me!

Love Reply 16m

Hello Heather
I hope you're doing well
FB reminder today I had share something we had discussed that week, it was in 2016 🥰 when you were coaching me, it's been six years
WOW 🥰
I've wanted to write and tell that I'm doing super well
Got into business with my brother 3 years ago and it took off, very successful
Got married, had three children 🥰🥰
I just want to say you are the best and helped me tremendously and I still practice what you taught me
Thank you 💖

"From where I was to now is just amazing.

When someone is stuck and know somethings is wrong but don't know how what to do then someone comes along and has you try something different makes all the difference...

I have you to thank for that."

journey OUTLINE

Moves in Spirals, Not Steps



Reclaiming Within is not a linear, step-by-step process.

Healing, regulation, and self-trust unfold in spirals — revisiting the same core layers again and again, each time with more safety, clarity, and capacity.

Nothing is rushed.

Nothing is forced.

Your body leads the way.

The Four Living Pillars

These pillars are always present in the journey.

You don't complete one and move on — you return to each as you're ready.



Safety

Nervous system regulation, grounding, and internal settling.

Awareness

Understanding patterns, emotional triggers, conditioning, and Human Design.

Release

Heart-wall clearing and emotional / energetic processing.

Integration

Embodiment, self-trust, decision-making, and lived change.

What We're Always Working With



- Your nervous system
- Your protective patterns
- Your energetic boundaries
- Your capacity to receive, feel, and choose differently

Some weeks we're releasing.

Some weeks we're integrating.

Some weeks we're simply stabilizing.

All of it is part of the work.

READY TO Reclaim WITHIN?



"Until we make the subconscious conscious, It will continue to rule your life and you will call It fate."

~ Carl Jung

I'm so excited to invite you to join the Reclaiming Within movement so that you can fully step into the THRIVING woman I know you are!

Know that it is my honor to send this invitation to you.

If you have an inkling of a FULL BODY "YES"! that may be your body telling you that this is what you need to RECLAIM those parts of you within that have been exiled for so long and to welcome them HOME!

I would love to offer a free, 45-minute consult to answer any Q's and to start your Reclamation no matter what you decide!

I am so excited to be on this journey with you!

xo,

Heather Esposito

Holistic Life and Money Relationship Coach

[BOOK A CALL](#)