

# **What Happened in Your Childhood Can Have a Strangle-hold on Your Life**

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**I can't tell you how many people I've worked with who are struggling in different parts of their lives because of their Childhood Imprints.** The powerful effect and the long-lasting nature of Imprints can throw a money-wrench into any of our goals and desires, even when we fully commit to them and work hard to achieve them.

Childhood Imprints are subconscious blocks that can prevent us from progressing, seeing the success we want, having ease and freedom, and having a full life. Childhood Imprints are beliefs about yourself, about people in general, and about life, that get cemented into place during your Imprint Period.

The Imprint Period is roughly between conception and age seven. At this critical juncture in development, your mind is constantly trying to take in and understand the world around you so that you can learn who you are, how to interact with people, and how to navigate life in general.

In essence, your mind is trying to learn about the world as quickly as possible so that you can survive, and ideally, thrive. These Imprints largely develop in the part of our mind that is responsible for helping us to survive - the subconscious - and once set, they generally run on automatic.

**What happened during your Imprint Period has a massive effect on how you'll think and feel about yourself, others, and life.**

The difficulty we run into as humans, however, is that during our first 7 years of life, our young brain is not yet developed enough for critical thinking and we don't have enough life experience to make perfect sense of the world around us. That means that what we Imprint is often not true or not accurate.

For example, the Imprint "I'm bad" may have come from a time when a parent yelled at you and quickly slapped your hand when you tried to touch a light socket. Because you didn't yet understand that they were trying to protect you,

you can easily and accidentally Imprint “I’m bad,” which generalizes as you age to the “I’m a bad person” a.k.a. “ I’m not a good person” Imprint.

We often have many of these types of accidental Imprints that haunt us for the rest of our lives, blocking our ability to grow confidence and self-esteem, to feel good about ourselves, or others, or have ease in different parts of our lives.

Again, Imprints are stored in our unconscious, or subconscious, mind and they are stored as part of our instructions for survival. That also means they have another interesting, if not detrimental, property.

**Whatever gets imprinted in your mind also becomes your roadmap of life.**

Your subconscious mind will constantly work to reinforce your Imprints because they are the foundation of what your mind conceives as “necessary for survival.”

And studies show the results and outcomes in your life (your income, your personality, your common emotions, who you attract, your work, your relationships, your health, etc) are about 90% determined by what’s stored in your subconscious, and about 10% determined by your conscious thoughts. I call this The 90/10 Rule.

## **Core Causes and Self-Sabotage**

I call Imprints and Entanglements “Core Causes” because these are the root causes of much of the pain and suffering that we experience. And something interesting that I uncovered is that **our Childhood Imprints and Family Entanglements are generally the sources of our self-sabotage.** (See the special report The 7 Entanglements that Kill Your Success to learn more about Family Entanglements).

Allow me to illuminate: when what you want to experience in life is blocked by an Entanglement or Imprint, your subconscious will find ways to sabotage you from successfully achieving or having that experience. This usually happens on a subconscious level -- meaning the self-sabotaging behavior is often unconscious; you won't be able to stop yourself from doing it. This can prevent you from having what you want when it comes to your finances, business, career, love, family relationships, friendships, health, and happiness.

When you uncover your Core Causes and address them, you create subconscious permission to be, have, or do the thing that was previously blocked, and the self-sabotage pattern disappears.

## **Continually Attracting and Recreating Unwanted Experiences**

**A detrimental property of Imprints is that you will continue to attract people, situations, and circumstances that reinforce those Imprints.** In fact, you generally continue to attract, create, and replay your negative Imprints year after year, which is why some of the stuck patterns in your life seem to follow you.

Let's say you have the "I'm not good enough" Imprint. Your subconscious will keep attracting situations that reinforce that you are not good enough. For example, you may find that you make silly mistakes or "mess up" and forget things.

You may find that you attract people into your life, romantic and otherwise, who also reinforce this by treating you like you aren't good enough. You may attract a friend that sends the message that you aren't good enough in the subtext of some of the things that he says to you or in some attitudes that he has about you. You may sense that a colleague or a family member is thinking this about you.

You may attract a partner who nit picks you and says things that make you feel as though you aren't good enough; not good enough for them perhaps, or not good enough at doing certain things in life.

The way each person expresses the "I'm not good enough" Imprint can vary in any of these ways, and can be completely unique to each person, like a fingerprint.

And if you happen to attract someone that doesn't make you feel that way, (at

least initially) you tend to unconsciously prod them over and over until they comply and reinforce the Imprint.

And if even that fails, then your subconscious often falls back on its failsafe, which is to simply project that the other person is saying or doing things that make you feel like you aren't good enough!

Does any of this sound familiar? It's usually a never-ending cycle with no escape.

It's common that those with the "I'm not good enough" Imprint struggle to get enough clients, make enough money, grow their businesses, or have the kinds of relationships they want. Again, each person's expression of the Imprint may vary, and the parts of their life that get negatively affected can vary as well.

And let's remember that other people can pick up on our subconscious programming, unconsciously. Our subconscious minds are constantly in communication with other people's and vice versa. So someone with an "I'm not good enough" Imprint can be subtly sending out that message, and would-be clients can pick up on it, unconsciously. They will respond to our subconscious communication even if they don't consciously know that they are doing it. They may just get the feeling they don't want to work with you, and they may not even know why. Sometimes their conscious mind will give them an excuse such as, I don't have enough money, or time, or I need to think about it, or they say they want to sign up, then you never hear back from them again.

Again, sound familiar? You're not alone.

So now you have a slightly fuller map of the land: you know about Childhood Imprints and you know that they can block you from being, doing and having what you want.

The good news is these Imprints are not your fault. They happened when you were young and they are part of how our brains function at that age. And the negative outcomes resulting from your Imprints are not your fault either.

We all tend to blame ourselves when we don't do something well, or something isn't going right in our lives – but there are actually other causes at play that are not in our control and that are not our fault: our Imprints and Entanglements.

And the even better news? You can do something about it. You can clear our your Core Causes so that you get rid of self-sabotaging patterns and behaviors and gain subconscious permission to have, be, and do the things you want.

And when you do this, when you remove the Core Cause, (a.k.a. the Inner Block), and your life opens up – you have choices again, ease becomes a part of your life, and you start getting more of what you want. Things begin to work out, and often, you aren't even doing anything differently. It's simply that you have finally lifted the block and you have subconscious permission to have that particular outcome.

There are a variety of different types of Imprints that you can get in your childhood. Below, I will share with you some of the types of Imprints and some of the most common examples of those Imprints.

Just because you don't see something listed doesn't mean it is not a Childhood Imprint. We can actually imprint any manner of thoughts, feeling and beliefs, it all depends on the environment we grew up in and the experiences we had growing up.

Some of your Imprints you will be consciously aware of and will already know you have – you may have heard them as thoughts in your head, for example. Others, you won't be consciously aware of until you read them below and suddenly you will feel as though you resonate with that Imprint. Others, you won't know that you have; they will only be uncovered as you do Childhood Re-Imprinting to address them.

## **Fetal Imprints**

**When you are still in utero, you can quite easily get Fetal Imprints.**

Whatever emotions, stressors and fears your Mom feels, you feel too. When your mom felt emotions, her body released a number of chemicals into the bloodstream which of course, reach you thru the umbilical cord.

Here are examples of two ways you can get Imprinted from your mom's thoughts,

emotions and experiences when she was pregnant with you:

1. **Pattern Match:** You don't know the difference between your body and your mom's body yet, so whatever she feels, you think you're feeling. In essence, you imprint with the exact same pattern. You get imprinted with thought patterns, beliefs, and emotional patterns in accordance what your mom was going through while she was pregnant.
2. **Causality:** You think that you are the cause of whatever negative emotions or experiences your mom is going through and you get imprinted with beliefs that you are the cause of whatever she is feeling or experiencing.

I'll share an example from a client I worked with. His mother was depressed when she was pregnant him because her father had suddenly become deathly ill and then died. My client ended up imprinted with both the Pattern Match and the Causality Fetal Imprints. In utero he thought he was the cause of his mom's depressed feelings, so he imprinted with a "No Permission to Exist" Imprint, as well as "I'm unwanted." He also Pattern Matched Imprinted by picking up low grade depressed feelings, and feelings of melancholy and sadness, which he had lived with for most of his day to day life.

**So think for a moment about what you know or can guess about what your mom was going through when she was pregnant with you.**

### **1. What was your mom likely feeling?**

Was she stressed, scared, angry, or upset during her pregnancy? Was she sad, or frustrated? What was she often feeling, or what did she feel intensely (even for a short period of time) while she was pregnant?

For example, did she lose a family member or a friend to death at that time? Was she struggling in her relationship? Was money tight?

### **2. What was she thinking about herself, or others, or life in general when she was pregnant?**

### **3. What was she experiencing: what was going on in her world and around her, with her partner, amongst her family and friends, and in the communities to which she belonged?**

This will help you gain some insight and uncover some of your Fetal Imprints. It will also help you uncover some of your Imprinted States.

## Imprinted States

Imprinted States are the emotional states that you imprinted with, which then end up being the common emotional states that you experience each week.

**For example, given any week in the year, what emotions are you guaranteed to feel?**

Imprinted States are emotional states (negative ones include: anger, frustration, sadness, emptiness, anxiety, worry, overwhelm) that you get imprinted with, and that you therefore can't seem to get away from, even when you want to. They are the emotional states that follow you around.

If you've ever wondered why you keep feeling an emotion more often than you'd like, you now know the source, or the Core Cause – it's usually a Fetal Imprint, a Childhood Imprint, or a Family Entanglement (more on that in *The 7 Entanglements that Kill Your Business*).

And yes, you have the power to address these too, with Childhood Re-Imprinting Work.

## Childhood Imprints

The Childhood Imprint Period is between the ages of birth and seven. What you experienced during those formative years can leave lasting Imprints that can affect the rest of your life, just like your Fetal Imprints.

Childhood Imprints (CI) are thought structures, emotional states, and behavioral patterns that cement into our subconscious during our Imprint Period. There are 3 different types of CI that I'd like to share with you:

1. **Identity Imprints**: How you think and feel about yourself
2. **Relational Imprints**: How you think and feel about people; how you believe people will behave; how you think people function (i.e. what their behaviors will be like -- if they can be trusted, if they are safe, if they hurt you, etc)
3. **Global Imprints**: What you believe about life in general. This includes Life Imprints, Money Imprints, Fairness Imprints, Safety Imprints, etc.

Our Imprints act as a **self-fulfilling prophecy**; whatever we're imprinted with, we will attract into our lives, or continually create and re-create. If you have ever felt like "bad luck" has followed you in a certain area of your life, around romance or business, for example, you might have actually discovered an area that is being affected by your Imprints.

I'll share a real-life example from a client I worked with. One woman had the "People can't be trusted" Imprint, and she had an uncanny knack for attracting untrustworthy people into her life, which made her life pretty miserable. She felt as though the "reality" of people was that they lie, and cheat and steal and no one could be trusted.

And of course, in accordance with her Imprints, she tended to attract people who couldn't be trusted. They would lie to her, or act unfairly, treat her unkindly, or take advantage of her.

After we discovered she had the "People can't be trusted" Imprint and addressed it, she began attracting people who were more honest, and who acted with more integrity and kindness. It was then, that she realized that **it wasn't that people or the world were a certain way, it was that she was imprinted a certain way**. And once she Re-Imprinted, she was able to start having more of the people and experiences she had always longed for.

So think back to what was going on in your life between birth and age 7.

## Identity Imprints

Below you'll find a list of 15 Identity Imprints. It's important to note that we aren't often aware of many of our Childhood Imprints because they're stored in our subconscious. Some of the following Imprints you may already know you have, and some you won't know until you are in the middle of Re-Imprinting.

And some you will recognize once you hear or see them, which is why I want to share some examples with you now. Firstly, I want you to have some insight into what Identity Imprints are, and secondly, I want to give you the opportunity to hopefully have some new insights into your own hidden Imprints.

Here are 15 examples of Identity Imprints, some of which offer some differences in phrasing so you can see how they Imprint might be differently phrased for you:

1. **I'm not good enough** [I don't have what it takes]
2. **I'm not smart enough** [I'm stupid / I'm dumb when it comes to \_\_\_\_\_]
3. **I don't belong** [I'm an outsider/outcast/black sheep]
4. **I'm a bad person** [I'm not a good person / I do bad things]
5. **There's something wrong with me** [I'm missing something / I'm not ok]
6. **I'm not important** [I don't matter]
7. **I'm a quitter** [I don't finish what I start]
8. **I don't deserve** \_\_\_\_\_ [I don't deserve to receive \_\_\_\_\_ / I'm undeserving]
9. **I'm unlovable** [I'm not \_\_\_\_\_ enough to be loved/lovable]
10. **I fail** [I screw things up / I make a mess of \_\_\_\_\_ / I'm a screw up]
11. **I'm not worthy** [I'm worthless / I don't count]
12. **I'm unwanted** [It would be better if I wasn't here]
13. **I'm a phony** [I'm a fake (and it's going to be found out)]
14. **I can't be seen** [It's better to stay small / I should be/need to be invisible]

15. **I'm not safe** [I can't relax / I feel vulnerable / I can't let my guard down]

Imagine trying to start or run a successful business, or have a successful love life if some of these Imprints act as self-fulfilling prophesies!

## Relational and Global Imprints

For the same reasons as I just mentioned, I'd like to share with you some Relational and Global Imprints. These dictate what types of people you attract into your life and what types of life situations and circumstances you attract, create, and re-create.

1. **It's not safe** [People aren't safe / Life isn't safe]
2. **I have to do it all by myself** [I can't trust others to do it/do it right]
3. **Life is hard** [Life is a struggle]
4. **I'm alone** [People don't stay / It's hard to find a partner / People abandon you]
5. **People can't be trusted** [People are generally untrustworthy]
6. **Money is hard to get** [Money is hard to earn]
7. **Money is hard to keep** [Money is hard to save / Money doesn't stay]
8. **There's not enough** [There's not enough \_\_\_\_\_ ]
9. **Intimacy is dangerous** [Letting someone get close is dangerous / People will use things against you]
10. **People aren't reliable** [I can't rely on others to \_\_\_\_\_ ]
11. **People will only love me if I'm good** [People will only give me attention if I do well / People will only be attracted to me if I seem perfect / I need to be perfect]
12. **I can't be myself and be loved** [To fit in I have to be like others / I have to change myself around people to fit in]

Imagine trying to have any sense of ease in life with some of these Imprints!

**Childhood Imprints often run silently in the background**, but in some cases, they can be very loud and obnoxiously present in your consciousness. And of course, they can have an effect in each area of your life, around money, success, relationships, family, health, and happiness.

By happiness I'm referring to your moods and your common emotional states. Instead of happiness, some people are stuck with frustration, stress, anxiety, anger, overwhelm, sadness, and depression. Imprints also how embodied you are or how present you are - if you're checked out, klutzy, spacey, aloof, edgy, have a temper, are never satisfied, etc.

In what areas of your life are you getting suspicious that there are Childhood Imprints at play?

## Age-Based Imprints

The last type of Childhood Imprint I'd like to share with you are these Age-Based Imprints. You can check to see if any of Imprints might have a hold on you, by reading the descriptions and noticing if you show any of the signs. You might also be able to tell by the name of the Imprint and it's descriptor, both in blue.

### Intellectualizer Imprint: No right to Exist

Imprint ages: 2 months pre-birth - 2 months post-birth

Essence: I will live without feeling my body, and contact the world thru my ideas

Traits you might notice: Intellectualizing, spiritualizing, withdrawal, trying to be invisible, to be unseen, get's self excluded, cast out, feels like an outsider

Person Tries: to be special

### Over-giver Imprint: No Right to Need, No Right to Choose

Imprint ages: 2-6 months old

Essence: I live without needing, or being in touch with my needs, and contact the world thru giving and waiting

Traits you might notice: Romanticizing, longing, clinging, collapse, trouble knowing one's own needs, trouble communicating one's needs, expecting others to automatically know your needs, can become needy or have a lot of needs without recognizing oneself as such

Person Tries: to be loving and giving

### **Chameleon Imprint: No Right to Be Separate and Be Yourself**

Imprint ages: 6-12 mo

Essence: I will be like those who are around me to be accepted, or I will live through others

Traits you might notice: Dependent, clinging, complaining, afraid of separation, alone, lonely

Person Tries: to be loyal

### **Helpless Imprint: No Right to Be Independent/Autonomous – No Right to Act or Take Action**

Imprint ages: 12-24 months old

Essence: I live without feeling helpless and have contact with the world by becoming helplessness in an effort to control how others behave around me and what others will do for me

Traits you might notice: Scheming, maneuvering, dodging, performing

Person Tries: to be on top

### **Perfection Imprint: No Right to Be Assertive –No Right to Make Mistakes**

Imprint ages: 12-24 mo

Essence: I live without asserting my independence and contact the world via over-compliance or over-meanness

Traits you might notice: Pleasing, self-sacrificing, self-deprecating, ambivalence, whining, passive or active provocation

Person Tries: to be good/perfect

### **Attracting Imprint: No Right to Love and Be Loved-As A Person, Or Love Sexually**

Imprint ages: 24-36 mo

Essence: I will live without love and contact the world by making myself attractive

Traits you might notice: Achieving, attracting, self-sufficiency, hard to find love, difficulty in feeling loved or loved enough,

Person Tries: to be more accomplished, self sufficient or attractive

It 's common that once you get one of the earlier Age-Based Imprints, you also end up with all the ones that follow.

## Money Imprints

You can also pick up Money Imprints along the way, and if you've been struggling with making money, saving money, investing money or letting go of/spending money, this is an important place to look.

Think back to when your mom was pregnant with you – were there any money troubles for her, or around her? What are some of the things she might have been thinking, fearing, worrying about, or being told by others around her when she was pregnant with you?

Think back to your own childhood. What were some of the messages you heard about money – the ones your people said? (It may have been your parents, siblings, neighbors, church, teachers, tv, movies, books, that said these things – think about the messages you heard from any source, in your youth).

1. Make a list of as many as you can remember. Here's a few common ones to get you started:

Money doesn't grow on trees.

That's too expensive.

We can't afford that.

Rich people are evil.

Money is evil.

Rich people did something bad or unethical to make that money.

We aren't rich people.

Being poor is more spiritual.

Now think about all the unconscious messages that you may have picked up in childhood – the ones that weren't said out loud, but you could sense or feel. For example, what did the people in your life model for you, emotionally, about money?

Did your dad get more closed off or grumpy when he had to pay for things?

Did mom get more worried, or more constricted/shut down when she had to pay bills?

Did you see someone crying over money?

2. Make a list of all the “emotional modeling” memories you have about money from your childhood. Anytime anyone, a parent, sibling, friend, neighbor, person

on TV, character in a book, had a less than healthy or abundant emotional response or relationship with money, write that down.

And one more thing you can explore is, was the “relational modeling” like when it came to money? How did money affect relationships?

Did you parents argue about money?

Did you and your siblings or friends even fight about money?

Did anyone borrow money and not pay it back?

Or steal money?

3. Jot down some of the negative memories you have about money in the context of relationships.

Exploring some of your Money Imprints should provide some insight into what some of your specific Money Imprints could be. Take a look at what you’ve written down so far – do some of these Imprints explain why you have some of the patterns you have around money?

Remember, it’s so important to know which Imprints you have because it is time to stop blaming yourself for the problems they cause. It’s not your fault. It’s the Imprints pulling the strings in the background. And what’s more important, you can do something about it once you know the Core Cause of the problem.

And once you have begun these lists, add to them anytime a new memory pops up. It’s extremely useful to know your Core Causes, so you can begin to do the work to address them.

## [Relationship Imprints](#)

The way that you witnessed and experienced relationships can have a profound effect on the types of relationships you will continue to attract and create, over and over again.

One way that we pick up Relationship Imprints is around whether we most fear being **controlled** or **rejected**. Oftentimes, but not always, first borns are more heavily controlled by parents or caretakers, so they grow up with a fear of being controlled and in relationships, they may become very sensitive to anything that

feels like control and resist it.

Those that aren't firstborns can grow up with a fear of rejection, due sometimes to feeling rejected, left out or shunned by older siblings, other times to being developmentally younger than older siblings and thus always striving to "be as good as" or to "catch up to" the older sibs. Thus later in life, these folks can become sensitive to anything that feels like rejection and may live life in a way to avoid being rejected.

Whatever we fear or whatever we can't be with controls us and limits us. For example, sometimes we end up seeing "control" or "rejection" in places where it is not because we unconsciously fear it, and we end up picking fights or saying and doing the wrong thing and making a mess of things, over and over again.

Other times, we don't allow ourselves to take risks, to step out, and do something, for fear of being controlled or rejected, and we limit the possibilities and opportunities in our own life, over and over again. I say "over and over again" because Imprints tend to create patterns that follow us over time, and try as we might, we can't shake them.

Another type of Relationship Imprint we can pick up is around how we act in relationship. Whatever we witnessed in our caretaker's relationships, we tend to get Imprinted with. And however we related with our caretakers, siblings and friends also imprints us.

So think back to how your parents or caretakers related to each other.

1. Make a list of some of the negative elements of their relationship you witnessed. (With Imprints, we are most concerned with the negative elements we pick up). Here are some examples - was there:

Anger, frustration, arguments, violence?

Mental abuse, emotional abuse, physical abuse, sexual abuse?

A lack of affection, coldness, stoicism, dutifulness, matter-of-factness?

Cheating, lying, stealing, hiding, etc?

And what were some of the negative elements of your relationships with your caretakers and siblings and friends when you were young? What are some of the negative relational elements you actually experienced and were a part of?

2. Make a list of the negative qualities and emotions that you experienced within relationships growing up. It may look fairly similar to the list from above because oftentimes how our parents, caretakers, and siblings relate to each other is also how they relate to us.

Both what you witnessed in the relationships around you and what you experienced first-hand will often leave lasting Imprints, and these Imprints tend to follow us wherever we go. As we grow older, they follow us and we tend to attract partners, friends, bosses, co-workers, and people in general who match our Imprints, over and over again.

Oftentimes, as we get older, our Conscious Mind catches on and the people we attract tend to not have these relational traits visible until we are around them for a while. We become better at attracting people who look different on the surface, but end up acting the same relationally in the end. And if they don't, we won't mean to, but we will unconsciously train them to begin to treat us in line with what our Relational Imprints dictate.

Because our Imprints are coded by our mind as something that is necessary for survival, we can have someone come into our lives who doesn't treat us the way our Imprints dictate, and sure enough, we will unconsciously poke at them and provoke them until they start treating us in accordance with the ways we are Imprinted. And if they don't cooperate, if they are "hard to unconsciously train" then we tend to just project onto them, put words in their mouth, see their words and actions through our Imprinted Lenses.

In effect, there is not escape. Sadly, we tend to:

1. attract people who match our Imprints
2. or unconsciously train them to act according to our Imprints
3. or just project our Imprint onto them anyhow, and see much of what they do through our own Imprint Colored Glasses

## **No Matter How Hard You Try**

**I consistently witness the struggles and ruts that people are stuck in, even when they've done work (conscious mind work) to better their situation.** In accordance with The 90/10 Rule, any amount of business education, training, or personal development you invest in can be utterly worthless when you have strong Childhood Imprints present. The Imprints will run the show; they create

what is possible in your world, and you will create or attract people or situations to match those Imprints.

**One of the most difficult attributes of Imprints is that they can crush your confidence**, which makes it really difficult if you own a business, to talk about your business, or what you offer in a way that attracts new clients. It makes it really difficult to date or have happy relationships as well, because confidence is attractive.

What's ironic about all of this is that your Imprints got set in your subconscious as a means to protect you, to help you cope with the world and survive as a child, and as an adult, they can severely hinder you, and block you from getting what you want.

**So if you find that you have some of these Imprints, be sure to address them with respect and honor**, because the adage is true: what you resist persists. You must remember that your Imprints are not your fault. And the struggles that you have been experiencing are not your fault. It's merely the Imprints running the show, silently and invisibly in the background.

So the blame stops here. The struggles you have been experiencing are not about you, they are about your Imprints. And you can do something about them. You have the power to work on your Imprints and change them. Just use the right tools for the job.

**Addressing Imprints correctly allows them to transform, and gives you more freedom and more of what you want. Addressing them incorrectly will only cement them more into your experience.**

## **Next Steps**

If you are curious about uncovering your Childhood Imprints or working with them, feel free to contact me.

I'm happy to share more about them, and about how to clean them out and re-Imprint with beliefs that get you what you want in life.

I created a Family Entanglements and Childhood Imprints Crash Course that may also be helpful in guiding you through getting a deeper understanding of Imprints, how they work, how they affect you, and get you started in Re-Imprinting.

For more information about the Crash Course, or how to get Re-Imprinting work done privately, just email us at [info@danagarrison.com](mailto:info@danagarrison.com)

Or call: (415) 320-8010

May your life be filled with both ease and joy!

To Freedom!

*Dana*