



ROCK your REAL RADIANCE

Bust Body-image Baggage with 90 days of Embodied Sound Medicine

* * * * *

Are you weighed down by body hate, low self esteem, physical discomfort?

Are you on an endless cycle of dieting, restricting, stress eating, bingeing, purging without real results and still loathing yourself?

Are you held back in life by pain, body shame, overwhelming emotions and self judgement?

You're not alone. I've been there and I'm here to walk with you. In fact, many of us have been down this road of discomfort, disgust, shame and hatred for the way we look and feel. Some of us have even become destructive, dangerous actions while putting on a brave face for the world.

There is a way through and it's time to find it. The path of self-abuse, pain, and overwhelm is no longer the way forward. It can end here. It's time to honour your body and the way you look. It's time to recognize that your body is the vessel for your soul. Your body is part of your highest Expression of Self and has always been waiting for you to settle into it and come home.

What you're resisting holds the key to your deepest freedom and joy. You are divinely supported at all times and even the most disappointing experiences in life have a sacred purpose in your greater story. They help you unfold your true gifts and true beauty.

Imagine this instead....

- Loving your buck naked reflection in the mirror
- Unlocking your personal healing codes, dissolving the lies that trap you in a toxic relationship with your body
- Saying “heck yes” to offers - rocking that event, selfie, live vid, dress etc. - because you no longer hate your weight.
- Having more time to savour life as you say “see ya” to dangerous diets, obsessive exercise and the body loathing stories and that go with them.
- Owning your radiance, feeling vibrant, lit-up, sensual and sacred in your skin
- Creating deeply loving, intimate relationships with others as you build the same with your body.
- Revealing the jewel of your shadow and letting it fuel rather than derail you

Get all this NOW with the Hangups to Harmony **Vibin Body Love** system.

Hangups to Harmony™ begins with understanding that building on what really nurtures and supports you is a key to awakening and activating what makes you light up inside. This is your radiance and beauty and we can fuel it. Simultaneously, we also look at what’s in the way or creating the destructive feelings, perceptions and thoughts. The program will take you through a body-soul and sound process to address what’s in the way, including how to release emotions, hooks, beliefs and attachments that can crystalize in your body. It guides you on how to reclaim your power, from the matrix of others’ beliefs and desires and how to manifest what you want by creating powerful sound infused imprints and sacred intentional mantras that get you results.

Here’s what to expect in the program:

1. **Shape your Intentions**

Together we’ll look at where you are with your relationship to your body and appearance and get crystal clear about where you want to be. This includes getting to know what you want to experience, your likes and dislikes, your experience with spirituality and mindfulness and your music-sound habits. We will uncover your big why, which will help you stick to goals set out for you and hit your target.

2. **Create Your Radiance Rituals**

Prioritizing your nourishment and self-care is critical. Most of us talk about it but don’t really have a clue about what that means. We will explore what really makes you feel satisfied, comforted, relieved and nourished right here and now. We’ll design a self-care strategy and daily rituals you can start immediately! You’ll learn how to use music for your wellness journey including creating purposeful playlists, and exploring the music that has had meaning for your personal story.

3. **Empty your Baggage and Embody Emotional Freedom**

This is the heart of our work. Together we'll unlock body-soul and even ancestral patterns and blindspots that have been weighing you down, keeping you trapped in body loathing cycles. With breath, music and reflection, explore your emotional-body connection and your energy anatomy and gain a better understanding of your POWER. Using proven techniques (vibrational medicine, archetype integration, mantra, movement, reflection, shamanic journey, polarity work etc) you'll contain, transmute and break through what has kept you from fully owning your radiance and beauty.

4. **Resonate with Your Gifts**

As your emotional body shifts, you'll have more space to embody liberating, feelings and beliefs. Using the power of music-sound, we'll effectively and swiftly create harmonizing beliefs, repattern your nervous system and plant these in your heart and the very fibre of your being. You'll have the space and desire to focus on what really lights you up, gives you power and makes you feel fantastic and sacred in your skin. Identify the genius within your shadows, gems and gifts previously unidentified and claimed and access these now! Using the body as a tool to recognize and sound as a way to integrate, together we will dream and feel your life vision into being.

5. **Stabilize changes and Celebrate!**

As you move along your body love journey, we'll focus on integrating all that brings radiance and celebrate every win you have! This is another key component to building not only habits but ways of life that will keep you falling in love with yourself, body and soul, every day!

Who are your clients?

I work with people just like you who are:

- Yo-yo dieters, bingers, stress eaters and/or restrictors
- Health fanatics who spend endless hours gym or obsessing about food and calories
- Perfectionists and over-achievers
- Addicts (food, shopping, sex, substances etc.)
- Trauma survivors
- Anxious and depressed
- Stuck in endless cycles of shame, toxicity and destructive behaviours
- Emotional, sensitive and easily overwhelmed
- Looking to deepen into spirituality and sacred sound
- Exhausted from having been around the block with other methods that don't work
- Praying for a lifestyle change

Why would I want to work with you?



Let me tell you a bit about myself. **I'm Tiffany Sparrow, shamanic sound therapist, vocalist and body love coach.** I'd like to share with you a few defining moments that brought me to where I am today – mentoring people like you on exactly what to do to find harmony and freedom from body-hatred, self-image hangups and destructive eating habits through embodied shamanic practices.

The first defining moment in my life happened in the early 90s when I was 12 years old. This was when I was hospitalized for anorexia and bulimia. I was treated by doctors who barely understood eating disorders who used talk therapy, medications and followed the Canada food guide. It didn't take me long to realize the professionals around me didn't know how to truly help me get to the heart and suffering of this illness beyond simply putting weight back on. All these techniques only grazed the surface of my body loathing, rather than getting to the root of my core issues.

I knew there was another way. Even at 12, I sensed my body was holding emotional and energetic memories that had to be moved and felt to be repatterned and released. I dedicated the next 15 years of my life to exploring TONS of different healing methods and practices. In the end, what worked was a combination of singing/chanting, song-writing, and mindful energy healing journeys. I became a certified music therapist (MTA) and yoga instructor (ERYT) to offer song, sound, mindfulness and healing to others. In 2008 I embarked on a personal journey where I travelled extensively through India, South America, Indonesia and Australia to “snow globe” or shake up the pieces of my life. For 4 years I sought out music and spiritual guidance, moving from place to place, living out of my bag. I learned from many global teachers and immersed myself in the musical meditation and guided healing techniques I now use with myself and others. Then, in 2012, I stopped travelling to come home and let the pieces I had moved settle. I got super real about the remaining parts of my body-self rejection and allowed myself to sit with my pain and feel deeply. This dedicated action and commitment to healing played a huge part in my transformation and it's something I look for in the people I work with.

As I transformed and healed, I started working with others, sharing the guided healing and sound that had helped me, watching their assurance, peace, confidence, self-love

enjoyment and freedom grow! I have since made a commitment to dedicate the rest of my life to helping other women transform their body image hangups and step into their inner and outer radiance and unshakeable empowerment.

Since then, I've worked with many private clients, performed all over the globe, led countless sound journeys and spoken in front of many audiences. I continue to live my dream of recording, teaching and travelling as I offer music and musical-spiritual evolution. I have created *Hang-ups to Harmony™, 90-day Vibrational Shift to Ditch Body Baggage and Reveal your Soul's True Radiant Beauty*. This program is a sound-infused guided healing system for every woman who wants to wake up loving her reflection and turn body-disgust into unbridled luscious self-adoration with FREEDOM and POWER to be and have all she desires in her life.

What makes me different from other body-image experts”?

- **I integrate music-sound medicine in all sessions.** Music, when you know how to use it, can be very effective to help you create quick, powerful and long lasting change through release and repatterning. I have years of training and mastery in therapeutic use of music-sound and offer support by blending sound with the wisdom of somatic-talk therapy and yogic spirituality to help you bust through your blocks. I have a deep understanding of the intermingling between sound, body and soul and a profound awareness of how energy responds.
- **I've used my own process and walk my talk** with more than 15 years of real-world experience. My past has given me a unique perspective to allow me to really understand what you're struggling with so I can assist you on your journey to freedom. I've been there through the watershed of negative self-talk, destructive eating patterns and addictive body judgement. I've come out the other side freer than ever, deep in self-love, ready to teach strategies that work.
- **My support style combines down to earth structure with creative, intuitive spirituality.** I firmly believe that both structure and spirit are super important for healing and growth. I strive to make complex philosophies and concepts easy to understand and applicable to your life.
- **I am super focussed on you as an individual and YOUR personal journey.** I will both maximize your strengths and be honest about what's standing in the way of your personal freedom so you can connect with your radiance and stop being held back by your body-image hangups quickly, effectively and in a way that lasts.

What personality type do you work best with?

The **Hangups to Harmony™** program was created for people who are excited and dead serious about breaking through their toxic relationship with their body to connect more deeply with their gifts, radiance and real beauty – it means not running away from life beating yourself up saying: “I hate the way I look and feel.” This program was created for you to put systems in place within a few months (sometimes weeks!), which will lead you to more freedom.

Being a walk-your talk, spirit driven person, I’m known to work best with others who are transparent, motivated, and spiritually-minded people, ESPECIALLY those who are committed to their success no matter what and who are super-ready to get going and just want to know exactly what steps to take to bust out of their body-hate habits.

Consider what you’ll do with me to gain everything you need to know to kiss your body issues GOODBYE! You will be expected to take serious and consistent action. No excuses anymore, as you shift into a different way of feeling and thinking. I will offer you my full support and love while you achieve your incredibly exciting goal of having more **time and freedom to enjoy your life, fully loving and sharing your true radiant gifts with the world.**

Does this really work?

Yes! The result of our work will have you embracing and embodying your essence, healing emotional-energy leaks, lifting your mood and your feeling of your physical body . Check out what others have experienced in [testimonials here](#).

Who should NOT enroll in the Hangups to Harmony™ program?

Please know I’m very selective in who I work with and I cherry-pick my clients, choosing to (gently) turn away people who aren’t suited for my programs and won’t get the results they would have signed up for. This wouldn’t be fair to them.)

The **Hangups to Harmony™** programs are NOT for those who are in acute phases of eating disorders (where your survival is at risk) or who are not completely ready to break the addictive cycle of disorder. If you are at a life-threatening weight, I recommend being monitored by medical professionals to get you back into a safe zone. Once you are, then we can talk. Also, if you are looking for help because others have told you to, not because you absolutely want it yourself, this is definitely not the investment for you.

If you’re a chronic skeptic, unwilling to accept the part you’ve played in creating your life situation or someone who consistently makes excuses for not doing their work, I gently

and respectfully ask that you not call and I hope you understand why. We'll probably just not work well together and I wouldn't want you to waste your time or money. Is that fair?

While equity pricing is available, this program is also not for those who have no money coming in and are absolutely financially desperate, at least not right away. It's been my experience that people in financial crisis aren't in the headspace to do the work. If you fall within this category, know that it's absolutely OK. We've all been in times of financial crisis at one point or another.

If you are in one of the above categories, do yourself 3 favors:

1. Sign up for my **"Sound Works"** emails and receive free music and a free course "Intro using music for your personal wellness." The free information will get you started towards your goals until you're ready to work with me one-on-one. **Click here to connect.**
2. Join my **Hangups to Harmony Facebook Group** and participate in the different challenges and series I have posted there. This will give you LOTS to work with.
3. Get some money coming in and then call me. This will take the edge off and provide a little more peace of mind. Mostly, it will de-clutter your mind enough to focus on your **Hangups to Harmony™** work and the BIG picture.

Doing these three things will really help you get primed for our work. When you're ready, call me and we'll get you started. I'm in no rush and will be here when you need me.

Can I hear from former clients about the program?

Please go to the **Client Testimonials** page and read all of them. See which ones you feel drawn to, either because the person has gotten the results you want to get too, or perhaps because that person is in a similar situation. Then feel free to email or call them and ask what they got from working with me and my programs.

How quickly can I expect results?

That depends on where you are coming from, how deeply rooted your patterns are and how quickly you can make those inner shifts. Some clients are so done with their toxic self-image and ready to develop an amazingly healthy relationship with their body in a very short time frame, while others have a bit more work to do first. Everyone is unique and there is no judgement either way as every step you take towards healing your hangups is of benefit to you. It can also depend on how receptive you are to the practices and your ability to dive in. And sometimes it just depends on timing, waiting for the shifts to happen, because they can when you want them to.

How can I get body-love and freedom in record time?

Be totally committed to your success. Practice daily and do all your homework. Understand that this is a process, a proven one, that works if you take action and implement all of the steps. All my clients who have diligently applied every step of **Hangups to Harmony™** have successfully transformed their relationships with their bodies in much less time than they would have on their own AND now the way they look and are proud to shine their beauty in the world.

Tiffany, based on everything I've read and heard, I know you're the one I want to work with. What are my options for getting started?

Congratulations on making a decision! I'm so happy to work with you to achieve your goals. Your next step, if you haven't done this already, is to book a grow call with me at this link: <https://calendly.com/tiffanysparrow/grow>.

We'll meet and learn more about how to get going in my 90-day **Hangups to Harmony™** program which will have you:

- Loving your buck naked reflection in the mirror
- Unlocking your personal healing codes, dissolving the lies that trap you in a toxic relationship with your body
- Saying "heck yes" to offers - rocking that event, selfie, live vid, dress etc. - because you no longer hate your weight.
- Having more time to savour life as you say "see ya" to dangerous diets, obsessive exercise and the body loathing stories and that go with them.
- Owning your radiance, feeling vibrant, lit-up, sensual and sacred in your skin
- Creating deeply loving, intimate relationships with others as you build the same with your body.
- Revealing the jewel inside your pain and letting it fuel rather than derail you

I can't wait to see you succeed and am honored to be the one to help you.

Let's get going!

Xo Tiffany

*"It is only with the Heart that one sees rightly
What is essential is invisible to the eye"*
- Antoine de Saint-Exupéry