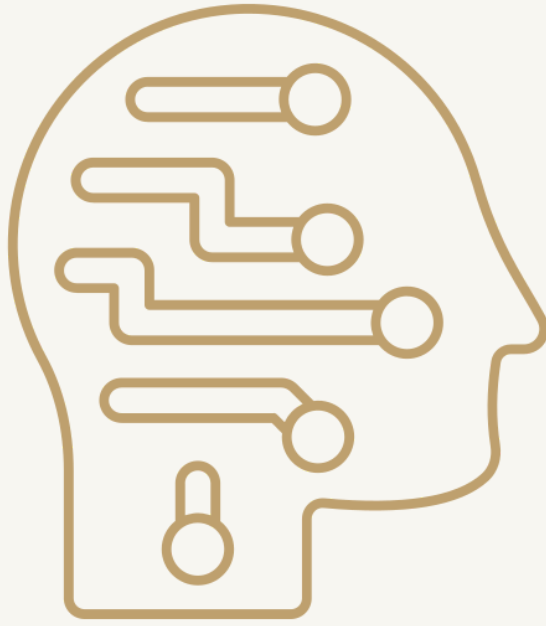




A Moment to Pause & Reconnect

A gentle reflection to help you reconnect with
what's underneath.



Hi, I'm Dr. Shauna.

This reset is designed to help you pause,
listen, and reconnect with what's happening
beneath the surface.

There's nothing wrong with you — your body
is simply asking to be understood.



What's really making the noise?

Thank you! Your email has been successfully received.
Here is your free downloadable form for you to complete.

1

What thoughts keep looping
for you right now?

2

What emotion is underneath
that thought?

3

Where do you feel this in your
body?

4

This is not because I am
broken...
This might be because:

5

Right now, what my body may
actually need is:

- ☐ Rest
- ☐ Release
- ☐ Support
- ☐ Slowness
- ☐ Space
- ☐ Something else:

6

Write one sentence you can
return to:
“In this moment, I am allowed
to...”

This is your first step into awareness. This is where the shift begins.

Dr. Shauna Wallace

The Method Behind This Work



This reset is grounded in the BECOMING8 Method™ — a holistic approach to understanding your body, emotions, and patterns.

This is where deeper transformation begins.

WHEN THE MIND WON'T STOP



Engaging the Heart,
Educating the Mind
Empowering the Mother Within

DR. SHAUNA WALLACE

If this resonated with you, you can explore this work more deeply in my book.