

SHIFTED – Change Your Beliefs, Change Your Reality

About the Method

Created by *Laetitia Laguerre*, SHIFTED is a method of inner transformation that helps you identify, release, and reprogram limiting beliefs that keep you from expressing your full potential.

It weaves together somatic, emotional, cognitive, relational, and energetic approaches, all within a safe and supportive space.

SHIFTED goes beyond “changing your thoughts.” It works directly with the body and the energy field—where beliefs are rooted—to create change that is real, embodied, and lasting.

“When you shift within, your outer world transforms. Your reality opens to new possibilities.”

The Benefits

A SHIFTED session invites you to:

- Gently release the tensions and blockages held in your body, heart, and energy
- Reconnect with clarity, alignment, and trust that ground and uplift you
- Offer your nervous system deep soothing, so you can open to receiving and creating with more freedom
- Shift your field of reality: what you attract, what becomes possible, and the way life flows toward you
- Transform a limiting belief into a living, nourishing truth
- Awaken your natural strengths, your life force, and your power of choice

Unlike approaches that focus only on the mind, SHIFTED also works through your body and your energy. That's what allows you not just to *think* differently, but to *be* different—in your vibration, in your choices, and in the way you feel and move through the world.

SHIFTED can be applied to different areas:

- **Abundance & Money Relationship** – Transform the way you *receive* and *create*
 - **Self-Confidence, Love & Self-Esteem** – Feel solid, worthy, and fully yourself
 - **Relationships (romantic, friendship, professional)** – Open to true and nourishing connections
 - **Mission & Projects** – Move forward guided by a clear and vibrant sense of purpose
 - **Expression & Visibility** – Dare to be seen and take your space
 - **Recurring Blocks** – Release what is still holding you back
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Available Formats

- **The Portal (1 month):** 1x 2h session + 2x 1h integration sessions
 - **The Transformation (3 months):** 3x 2h sessions + ongoing integration
 - **SHIFTED Group Circle (1 month):** 1 “Portal” session (4h) + 3x 1h sessions
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Flow of a 2h session

- **Opening & Grounding** – Arriving in the body, breathing, sensing the moment, setting the intention that will guide the session
- **Exploration** – Going to the root belief, fully feeling the emotion that lives with it
- **Release** – Allowing the body and energy to let go of what was being held, until spaciousness and lightness return
- **Reprogramming** – Giving birth to a new, living belief in harmony with your desired future
- **Anchoring & Integration** – Rooting this new point of support into your body and daily life, so it can carry you naturally

For more info: laetitiaaguere.com

*With presence and authenticity,
Laeti*