



by. Nancy Rivera

A Holistic Guide to Healing Your Heart

About Me



I'm Nancy Rivera—a Holistic Psychologist, Yoga Teacher, Wellness Coach, Author, and Podcast Host. I've spent over a decade guiding women through emotional healing, empowerment, and transformation.

My journey began as a coach in Puerto Rico, where I founded a nonprofit to support survivors of domestic violence and women facing emotional trauma. After moving to Florida, I deepened my path into holistic psychology, yoga, and spiritual coaching.

I believe healing is sacred. It is not just a clinical process—it's soulful, intuitive, and filled with moments of grace. My boho-spiritual style blends ancient wisdom with modern psychology to create safe, nurturing spaces for women to rise.

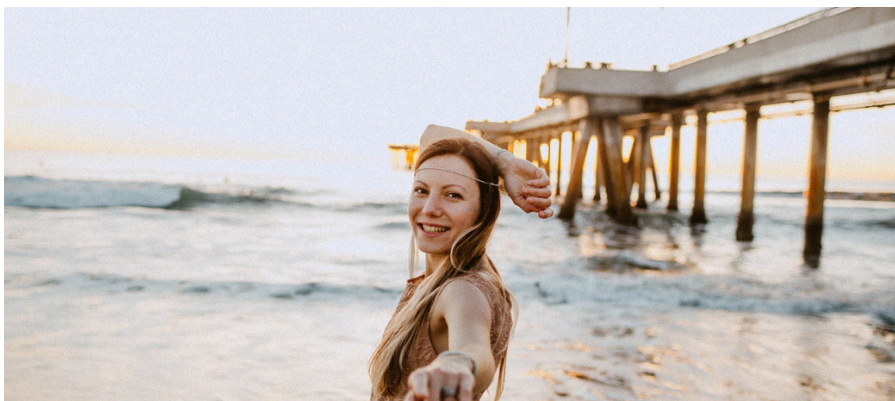
Whether through my books, podcasts (Today's Talk and Empútate), or holistic practice, my mission is to inspire you to come home to yourself.

Let's walk this journey together.

✻ Connect with me: www.nancyrivera.com

Nancy Rivera

A Holistic Guide to Healing Your Heart



Welcome Beautiful Soul,

If you are holding this guide in your hands (or reading it on your screen), it means your heart is seeking healing, softness, and a return to your sacred self. First, I want you to know—you are not alone. Healing is not a straight line. It's a journey inward, one that honors every emotion, every tear, every breath.

This guide was created to support you on your unique emotional healing path. Whether you're healing from loss, heartbreak, trauma, or simply seeking to reconnect with your inner light, these pages offer gentle wisdom from a boho and holistic lens—where intuition, spirit, and self-love lead the way.

May these words feel like a warm cup of tea for your soul.

“Healing is not about fixing what is broken—it's about remembering that your soul was never broken to begin with.”

– Nancy Rivera

What is Emotional Healing?

Emotional healing is the process of releasing pain, restoring balance, and reconnecting to your inner peace. It involves acknowledging your emotions, allowing them space to exist, and nurturing the parts of you that have been neglected or wounded.

From a holistic perspective, healing doesn't just happen in the mind—it involves the body, the spirit, and your energy. It's about reawakening your wholeness, embracing your divine feminine power, and learning to hold yourself with compassion.

Healing is remembering who you truly are beneath the wounds.



Signs You May Need Emotional Healing

- Feeling stuck in the past or repeating old patterns
- Emotional numbness or feeling disconnected from yourself
- Constant overthinking or worry
- Carrying guilt, shame, or resentment
- Struggling with boundaries or self-worth
- Attracting relationships that drain your energy
- Feeling overwhelmed by life's demands

If any of these resonate, it's a loving sign from your soul that it's time to slow down and heal.



The 5 Sacred Steps of Holistic Healing

1. Awareness: Start by tuning in. What is your heart trying to tell you? Where in your body do you feel tension or pain? Journaling, meditation, or simply being still can help bring your inner truth to light.

2. Release: Let it go. Cry. Scream into a pillow. Dance it out. Write a letter you never send. Release is a sacred act of clearing. Just as nature sheds to grow, so must we.

3. Self-Care: Nourish your nervous system. This includes herbal teas, warm baths, nature walks, Reiki, yoga, or sound healing. Self-care isn't selfish—it's spiritual maintenance

4. Reconnection: Reconnect with your soul. What brings you joy? What makes you feel alive? Paint, sing, write, rest, travel—do what reminds you of your essence.

5. Rebirth: After you've released and nourished yourself, you'll begin to feel the light return. This is your rebirth. A new cycle of self-love, trust, and empowered being.

Healing doesn't mean the damage never existed. It means the damage no longer controls your life.



Daily Healing Rituals

“Healing begins in the quiet moments we gift ourselves each day—when we choose to breathe with intention, move with love, and speak to our soul like a trusted friend.”



These small practices, done with love and intention, can transform your healing journey:

- Morning Affirmation: "I am safe, I am loved, I am healing."
- Heart-Centered Breathing: Place your hand over your heart. Inhale for 4, hold for 4, exhale for 4. Repeat.
- Sacred Journaling Prompt: What emotion needs to be heard today?
- Crystal Companion: Rose quartz for love, amethyst for calm, black tourmaline for protection
- Evening Tea Ritual: Chamomile or lavender tea with a quiet moment of gratitude



Reflective Journal Prompts

Choose one each day or whenever you need clarity:

- What am I ready to release from my heart?
- How can I show myself more compassion today?
- What does my inner child need to feel safe and loved?
- What has this pain come to teach me?
- What does my ideal emotionally healed self look and feel like?

*May this guide serve as a sacred beginning
to your emotional healing. You are worthy.*

*You are loved. You are healing.
With open heart and open hands,*

NANCY RIVERA

