

## Brain Healing For Freedom Living with Dana Hernandez

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

As a counselor and brain, body, and spirit healing practitioner, Dana Hernandez is a true freedom fighter for people who are stuck in the struggle, striving, and surviving. In this episode, she shares her personal journey to healing and freedom and how she discovered her passion and purpose to help others live in freedom and wholeness! Life doesn't have to continue to be hard and exhausting, and breakthrough is available if you're ready to learn how to heal and transform mentally, physically, and spiritually. Freedom and fullness are here for you! Listen in!

#### **In this Episode, Dana:**

- Shares her story of miraculous healing after being diagnosed with multiple sclerosis in college and how that led to her discovering her purpose.
- Walks us through her journey of God's faithfulness as He healed emotional heart wounds.
- Enlightens us about the struggles that keep people stuck in that survival and how brain healing can set them free from bondage.
- Discuss the best ways to develop the brain through holistic practices.
- Shares how she helps people connect to Jesus and experience His healing using counseling, inner healing prayer, and splankna brain healing.
- Gives us the key spirit, mind, and body practices that she implemented in her life that maintain and deepens her wellness and peace.
- Shares her purpose and how she envisions impacting the world.

Dana Hernandez is a Regional Director for Brain Balance Peachtree City and many Brain Balance centers in Florida. She is also a Pastoral Counselor that focuses on a body, soul and spirit model for holistic healing and founded Rhizoo Counseling in Marietta, GA. She is Master's Level certified in the Splankna protocol, a Biblically-based tool for mind-body healing.

Dana is a University of Georgia graduate and has worked for Brain Balance for 10 years. She has served over 1,000 families using the Brain Balance protocols and has also spent time educating the community on the impact of neurobehavioral disorders and how the latest in brain research can change the lives of students who struggle with learning, behavior and social skills. She is a student-member of IAFNR (International Association of Functional Neurology) and has completed over 165 Post Graduate hours of functional neurology in the area of childhood neurobehavioral disorders and Adverse Childhood Experiences( knows as ACES). She is also a member of AACC (American Association of Christian Counselors).

Dana has traveled to 49 countries on 5 continents, and loves doing anything outside in her spare time, especially if it involves gardening or water sports!

**Quotes from this Episode:**

**"It's really just about seeing people set free. Because God has set me free." - Dana Hernandez**

"It's a journey that God has proven Himself faithful over and over and over to heal deep wounds in my heart." - Dana Hernandez

"I started to see these children being set free and by changing their brain, they could start encountering God in ways that they couldn't before. By changing their brain, they could start experiencing healing in ways they hadn't before." - Dana Hernandez

"If we think about a tree that is deeply rooted, it can't be moved. If we can be deeply rooted in love, then we can be deeply established in our sense of self, our sense of being, and well-being." - Dana Hernandez

"If we can be firmly established, then we can't be shaken." - Dana Hernandez

"I say, Jesus, will your voice be the loudest, because we know that His voice for us, is always for us. And he's always pouring love in us." - Dana Hernandez

"I'm giving him space for his voice to be louder to define me." - Dana Hernandez

**"When you're in a place of disappointment or feeling like that's impossible. It's not." - Dana Hernandez**

**Resources:**

Website: <https://www.brainbalancecenters.com/>

**Golden Timestamp:**

**10:00-11:00** - Dana shares how God speaks to her about healing and how she encounters God.

**37:18-38:13** - How she trains her clients on how to hear the voice of Jesus.

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