

The Heart House Method™

By Dr. Valarie Anne Yerdon

Transforming Lives from the Roots of
Trauma to New Life Patterns of Wellness

If trauma can be passed through generations,
so can healing.



THE HEART HOUSE METHOD™

12-Session Workbook Guide

Where Neuroscience Meets Soul Alignment

A Return to Your Sacred Authentic Self

by Dr. Valarie Anne Yerdon

<https://www.thehearthousemethod.com>

<https://www.hearthouseonthehill.com>

Introduction

Dr. Valarie Anne Yerdon — The Why Behind This Work

"He heals the brokenhearted and binds up their wounds."

Psalm 147:3

There is a point in life where everything you have built—every role you have carried, every expectation you have met, every identity you have lived within—begins to feel misaligned in a way that is difficult to explain. It is not always dramatic from the outside. In fact, it often appears that everything is functioning. Responsibilities are being met. Life is continuing forward. But internally, something begins to shift. There is a quiet awareness that the way you have been living, responding, and relating is no longer fully aligned with who you are.



This moment is not failure. It is not breakdown. It is the beginning of awareness.

My own journey into this work did not begin as a structured method or a professional offering. It began with a calling and awareness of actions I felt unaware of —where they came from or how to change them —as recurring patterns, in the same place many of you may find yourselves now—inside patterns that had been learned, reinforced, and carried for years. Patterns that, at one point, served a purpose. Patterns that allowed me to navigate life, relationships, and responsibility. But over time, those same patterns began to feel restrictive, misaligned, and no longer reflective of what was true.

At the same time, my academic and professional path led me deeply into the study of human behavior, neuroscience, cognition, and systems. I came to understand, at a scientific level, how the brain forms patterns, how the nervous system responds to perceived safety and threat, how we learn, and how cognition shapes interpretation and behavior. I studied how individuals adapt, how systems reinforce behavior, and how change occurs—not just conceptually, but biologically.

Then my faith and understanding of the significance of energy and vibrations we and the events we experience carry and impress our body, mind, and spirit. As a leader in the church, studying prayer, meditation, spirituality, and our interconnectivity, it was evident that these branches of being connect and shape our existence, health, and wellness in positive and negative ways. What became clear is that these paths—lived experience, physical fitness, faith, and scientific understanding—were not separate. They were explaining the same thing from different paths.

From a neuroscience perspective, your brain is designed to learn through repetition and emotional significance. Neural pathways are strengthened when experiences are repeated, especially when they carry emotional weight. Over time, these pathways create patterns that feel automatic because they are efficient. The brain prefers efficiency. It prefers what is known. This is why you may find yourself responding in ways that you can see are not aligned, yet feel difficult to change.

From a nervous system perspective, your body is constantly scanning for cues of safety and threat. It responds not based on what is objectively true, but on what is familiar. Familiarity becomes the baseline for safety, even when it is not aligned with your well-being. This is why individuals often feel pulled toward patterns that they consciously know are not healthy—because the nervous system recognizes them as known.

From a cognitive perspective, your thoughts are shaped by schemas—mental frameworks built from past experiences. These schemas filter how you interpret situations, often reinforcing patterns that were formed long ago. This means that what you believe about yourself, others, and the world may not be objectively accurate, but it feels true because it has been reinforced.

Spiritually, energetically, the held traumas compress as experiences, emotions, and pains are buried... hidden from the exterior world, but holding space in the subconscious inner world. And, as we know, what buries will grow. The pressures build in our spirit and close off the sacred authentic from emerging as it was meant to, as we mature through this life.

Physically, we can feel these tensions in our nerves, anxieties, and erupting anger. After these energies have lived in our bodies, the outward expression of the internal can begin to fester into tensions, pressures, and ailments, so we work to either cover the pain or work it out physically.

And yet—beneath all of this—there is something deeper. We realize these are all symptoms, but we cannot see the root of the pattern.

There is a part of you that recognizes when something is not aligned.

A part of you that feels when something is off.

A part of you that knows the truth—even when you are not living from it.

This is what I call **The Heart House** - not something you build from nothing, but something that you return to.

It is the place within you where:

- your values exist without distortion
- your identity exists without adaptation
- your truth exists without conditioning

This work is not about becoming someone new.

It is about removing what is not your sacred, authentic self, body, mind, and soul.

Guided Reflection – Write your responses in your journal without filtering or minimizing. This is where your work begins.

Before moving forward, take time to reflect honestly:

- What in your life currently feels misaligned, even if you cannot fully explain why?
- Where do you notice yourself repeating patterns that no longer feel like they reflect you?
- What part of you recognizes that something deeper is asking to be seen?

THE HEART HOUSE METHOD™

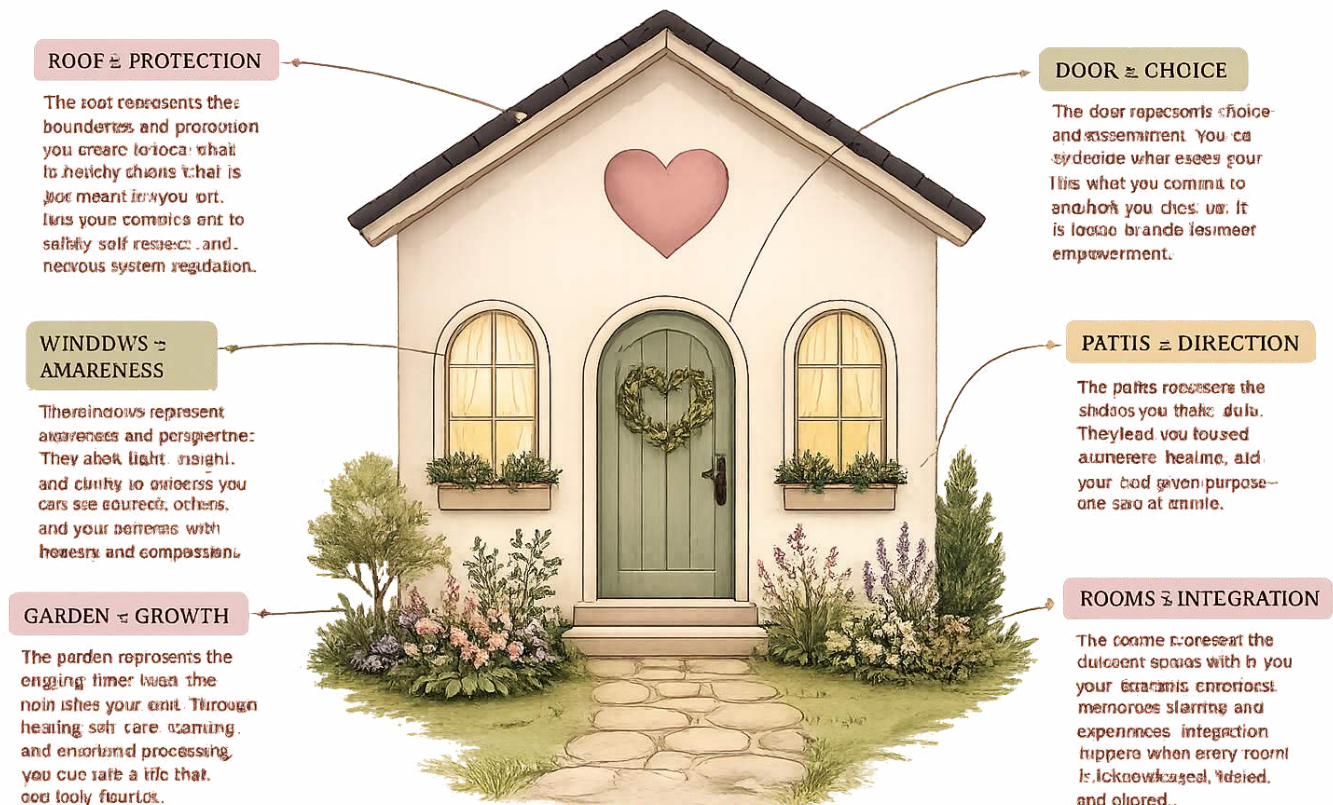
What This Work Actually Is

"Do not conform... but be transformed by the renewing of your mind." Romans 12:2

The Heart House Method™ is not a surface-level approach to change. It is not focused on simply modifying behavior or encouraging positive thinking. Instead, it is designed to address the underlying systems that create and sustain patterns, integrating neuroscience, psychology, and faith into a cohesive process of transformation.

THE HEART HOUSE

A Visual of the Elements in the Heart House Method



At its core, this method is based on a fundamental principle:

Patterns are learned.

And what is learned can be understood. And what is understood can be changed.

From a neurobiological perspective, change requires more than awareness. It requires the formation of new neural pathways through repeated, intentional engagement. This process—known as neuroplasticity—means the brain can adapt throughout life. However, it also means that patterns will not change simply because they are recognized. They change when new responses are practiced consistently enough to become reinforced.

From a nervous system perspective, change requires engaging both the body and the mind. Because many responses are initiated physiologically, it is not sufficient to attempt to “think differently.” The body must be brought into a regulated state that allows for new responses to be accessed. Without this regulation, the system will default to familiar patterns.

From a cognitive perspective, change requires examining and restructuring the beliefs that shape interpretation. These beliefs are often formed early and reinforced over time, creating a lens through which experiences are understood. Without addressing this lens, new behaviors may feel inconsistent or unsustainable.

Faith integrates all of these components by grounding identity in sacred truth rather than learned experience. While patterns may influence behavior, they do not define identity. This distinction allows for both accountability and compassion within the process of change, supporting growth without reinforcing shame. The release is real. The energetic change is unmistakable.

Guided Reflection – Write your responses in detail in your journal.

Consider your current understanding of change:

- Write your responses in your journal without filtering or minimizing. This is where your work begins.
- Have you focused more on changing behavior or understanding the underlying pattern?
- How might your approach shift if you viewed patterns as learned rather than inherent?

Heart House on the Hill Seasonal Retreat

Why This Work Must Be Experienced, Not Just Understood

"Be still, and know..." Psalm 46:10



There is a limit to what can be understood intellectually. And there is a depth that can only be accessed experientially. The retreats connected to this work were created because transformation does not occur in constant motion, distraction, or survival mode. The nervous system requires space to settle, the mind requires space to reflect, and the body requires space to process. Without this space, awareness remains conceptual, and change remains inconsistent. From a neurophysiological perspective, the brain processes information differently when the nervous system is regulated.

In states of chronic activation, attention narrows, and cognitive flexibility decreases. This limits the ability to engage in reflective thinking and integrate new information. In contrast, when the system is regulated, the brain becomes better able to form new connections and integrate experiences.

This is why the environment matters.

When individuals are removed from constant stimulation and placed in a space that supports regulation and grounding, awareness deepens. Patterns become more visible. Emotions become more accessible. And integration becomes possible.

The retreat is not separate from this work ... It is an extension of it.

The removal of the body, mind, and spirit from the distractions of the modern world, from connectivity, in an electromagnetic quiet zone. The space, energy, and focus needed to attend to self-care with other women for a concentrated time to learn, heal, and carry back change.

Guided Reflection - Write your responses honestly in your journal.

Consider your current environment:

- Where are you constantly in motion, reacting, or managing?
- When do you allow yourself to slow down enough to reflect?
- What might shift if you created intentional space for stillness?



© 2026 The Heart House, LLC.

Table Of Contents

Chapter 1 - Your Sacred Soul Space Garden & Core Values 14

Rediscovering the Authentic Self Within You 14

Chapter 2 - Grieving, Observing, & The Power of the Pause 22

Releasing What You Hoped Would Be 22

The Power of the Pause - Using the Space for Abundance
to Begin Coming In Again 30

CHAPTER 3 - Pattern Awareness & Your Nervous System 35

Mapping the Pattern So It No Longer Runs You and Your
Nervous System 35

CHAPTER 4 - The Nervous System 50

Working with the Body, Not Against It 50

CHAPTER 5 - Breaking the Loop - Rewiring Your Best Self 66

Interrupting the Pattern in Real Time - Rewiring 66

Visualizing Your Best Self - Seeing, Believing, Living in Your Authenticity 69

CHAPTER 6 - Rewriting the Narrative & Inner Children 72

Changing the Meaning Behind the Pattern - The Child Roots 72

CHAPTER 7 - Identity 90

Becoming the Woman Who Lives from the Heart House 91

CHAPTER 8 - Relationships & Boundaries 98

Living from the Heart House with Others 98

CHAPTER 9 - Integration 105

When Alignment Becomes Your Way of Life 105

CHAPTER 10 - Expansion	112
Living Beyond Healing into Purpose and Calling	112
CHAPTER 11 - Sustainability & Returning	121
How You Hold Alignment Over Time	121
CHAPTER 12 - Generational Healing & The Voice of Women	128
It Ends Here. It Begins Here.	128

The Ripple

This does not stop with you.

It moves:

- backward (in understanding and compassion)
- forward (in impact and example)

Your work:

- honors what came before
- transforms what is present
- and reshapes what comes next

Bringing It Back to the Heart House

Your Heart House now holds:

your values

your truth

your identity

your voice

And from this place...

you live.

Where You Are Now

At this point:

You have done the work

You have built alignment

You have sustained it

You have expanded it

And now:

You carry it forward

Final Words

You were never meant to:

- stay silent
- carry what was not yours
- live within patterns that confined you

You were always meant to:

know what is true

live from it

and let it be seen

This is not the end.

This is the beginning of:

living fully

loving fully

and leading from truth

THE HEART HOUSE METHOD™

By Dr. Valarie Anne Yerdon

The Heart House Method™ offers a transformative journey through 12 insightful chapters that merge lived experience with scientific understanding to foster genuine change. By exploring core values, navigating grief, and cultivating awareness, readers learn to dismantle old patterns carved very early in development and build a life rooted in authenticity and alignment. This method emphasizes the importance of intentionally creating space for reflection and growth, and of releasing early survival tactics with love, guiding individuals toward a sustainable, purpose-driven thriving existence.

This is the age of the empowerment of love, the freeing of women's sacred spirits, and the deeper understanding of the love God and the Universe holds for each of us, now, and in the after.

Generational healing is elevated to ancestral healing, as those who were silenced in the past for their own and their family's survival will no longer be silenced. Through the uncovering and release of old wounds, shames, and blames that should never have been carried by children, women of previous, current, and future generations are having their voices resound through the ethos of this world and beyond.

The joy that is felt when a woman speaks her truths, wounds, shame, and hurts that have been hidden for decades and repeated, is a gift I will never take for granted. The release of fear and lies from humans and the filling of the love that frees these hurts are a lightning and brightening of the energy on this planet that is unmistakable.

With dedicated effort through this program, women change not only on the inside; their spirits decompress, allowing the authentic beauty to shine.