

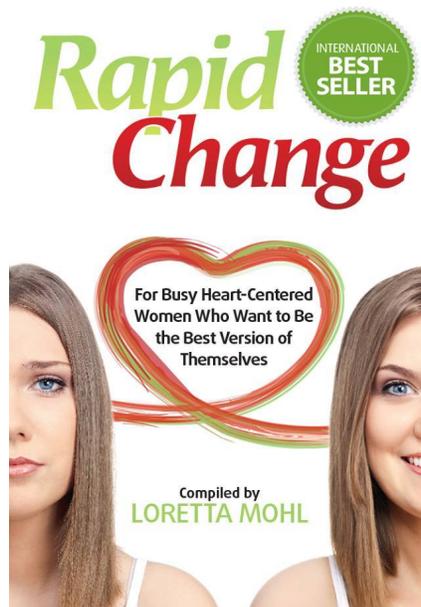
Loretta Mohl – Media Kit



About Loretta

Loretta Mohl is the founder of the Focused Intention Technique (FIT), a gentle yet powerful trauma-resolution process. She is the author of two bestselling books and has facilitated thousands of healing sessions and intimate groups over four decades. Her approach is heart-centered, somatic, and grounded in Creator Consciousness. Loretta specializes in working with small, sacred groups where deep healing can safely unfold.

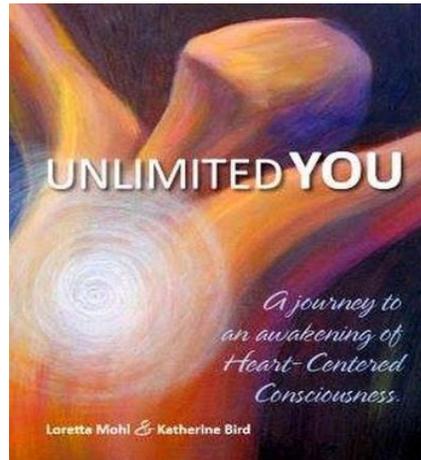
Books by Loretta



Rapid Change for Busy Heart-Centered Women Who Want to Be the Best Version of Themselves

#1 International Bestseller on Amazon

Available in Kindle eBook format | Paperback copies sold out



Unlimited You: A Journey to Heart-Centered Consciousness (2009)

Over 10,500 copies sold

Available in Kindle eBook format | Paperback copies sold out

Coming in 2025: *Focused Intention Technique: Pathway Back to the Heart of Who You Are*

A complete guide to the 11-step FIT process.

Coming in 2025: *Focused Intention Technique Workbook*

A hands-on companion for personal and professional use.

Topics Loretta Loves to Explore

- Healing trauma at the root without reliving the story
- Reclaiming safety through the nervous system
- The freeze response and what it protects
- Creator Consciousness as a healing source
- The sacred wisdom of the body and the spiral of return

Connect with Loretta

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