



## **Signature Speaking Topics**

**Manuel Veres | Return to Spirit Reiki Healing LLC**

### **1. The Return to Spirit: Reclaiming the God Within**

**(60–120 minutes) Speaking + Guided Experience (sound healing, meditation, or group discussion)**

**Ideal for:** Spiritual centers, retreats, wellness communities, and holistic expos

Many people spend their lives searching outside themselves for answers. This talk explores the journey of reconnecting with the divine presence within and remembering who we truly are beneath conditioning, fear, and life experiences.

#### **Audience Takeaways:**

- Reconnecting with spiritual identity
- The role of forgiveness, prayer, and self-awareness
- Practical tools for personal and spiritual growth
- Living with greater purpose and authenticity

### **2. The Story You've Been Carrying Isn't the Only One**

**Keynote Presentation (30–60 minutes)**

**Ideal for:** Schools, youth programs, mentoring organizations, and mental health initiatives

Through personal storytelling, resilience, and spiritual insight, this presentation empowers young people to reframe adversity, recognize their inner strength, and create a new vision for their future.

**Audience Takeaways:**

- Building resilience through life's challenges
- Transforming pain into purpose
- Understanding personal and external influences
- Developing a healthier self-narrative

### **3. Chakras and Emotions: The Language of the Body**

**(60-120 minutes) Speaking + Guided Experience (sound healing, meditation, or group discussion)**

**Ideal for:** Wellness events, educational workshops, and holistic health conferences

An engaging introduction to the chakra system through the lens of emotional wellness, self-awareness, and personal growth. Participants learn how emotions may manifest physically, mentally, and energetically.

**Audience Takeaways:**

- Understanding the seven primary energy centers
- The connection between emotions and the body
- Self-awareness practices for balance and well-being
- Practical tools for emotional regulation

### **4. How to Heal When You Were Taught to Survive**

**Interactive Workshop (60–120 minutes) or Keynote Presentation (30–60 minutes)**

**Ideal for:** Community organizations, men's and women's groups, young adults, and personal development events

Many people learn how to endure hardship but never learn how to heal from it. This presentation explores emotional resilience, vulnerability, and the courage required to move beyond survival mode.

**Audience Takeaways:**

- Breaking cycles of emotional suppression
- Understanding trauma and healing
- Building authentic self-confidence
- Embracing vulnerability as a strength

## **5. The Power of Spiritual Conversations**

**Keynote Presentation (30–60 minutes) or Interactive Workshop (60–120 minutes)**

**Ideal for:** Leadership groups, wellness communities, caregivers, educators, and faith-based organizations

Healing often begins when people feel truly seen and heard. This presentation explores how presence, listening, and meaningful dialogue can create profound transformation.

**Audience Takeaways:**

- Deep listening and authentic communication
- Creating safe spaces for growth
- The healing power of presence
- Building stronger personal and community connections

## **6. From Cop to Healer: A Journey Between Worlds**

**Keynote Presentation (30–60 minutes)**

**Ideal for:** Leadership events, personal development conferences, first responder organizations, and spiritual communities

A powerful keynote sharing the journey from law enforcement to spiritual service. This presentation explores purpose, transformation, faith, and the lessons learned while navigating two seemingly different worlds.

### **Audience Takeaways:**

- Embracing personal transformation
- Finding purpose through life transitions
- Balancing logic and intuition
- Trusting divine timing and inner guidance

### **Booking Information**

Every speaking engagement is customized to meet the needs of your audience and organization. Speaking fees are determined following an initial consultation and may vary based on event type, audience size, travel requirements, presentation length, and level of involvement.

### **Discovery Call**

During our consultation, we will discuss:

- Your event goals and audience
- Speaking topics that best align with your vision
- Presentation format and logistics


This introductory consultation is designed to determine mutual alignment. If we decide to move forward, a follow-up planning session will be scheduled before confirming the engagement.

I look forward to learning more about your event and exploring how I can serve your community through storytelling, meaningful dialogue, and transformational teachings.

### **Manuel Veres**

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