

Hands of Time Healing LLC

Trauma Informed Healing Mentor and Educator,
Nervous System Restoration, Craniosacral
Therapist, ERYT500hr ,CE provider

To change how you live change your nervous system

Meet your Healing Facilitator and Course Creator



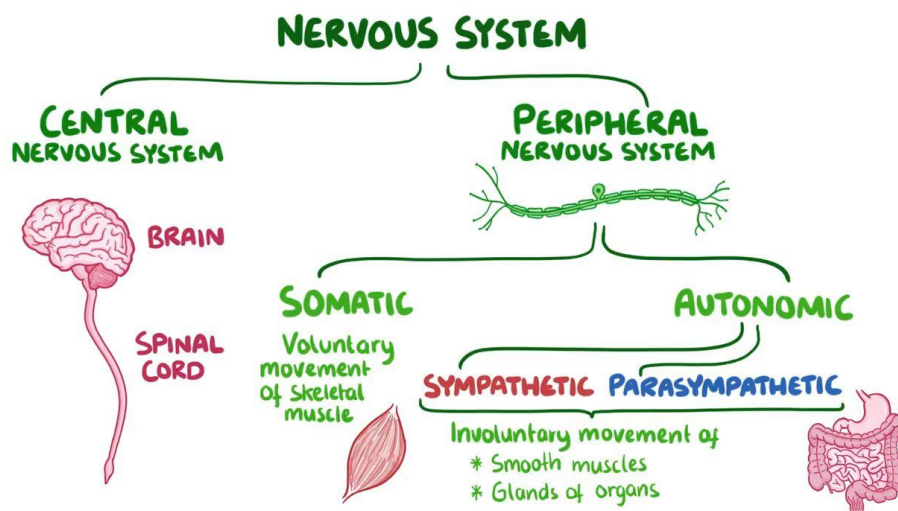
Consciously Reconnecting You To A Love For Living

Roseanne Reilly formed Hands of Time Healing in 2012 to provide resources to support people who feel stuck and frustrated with their healing journeys

Through her life's work she noticed how a dysfunctional nervous system stood as a major barrier to sustainable personal growth, healing, recovery and personal freedom.

Roseanne helps people restore their nervous system, reducing stress related symptoms and emotional dysregulation. By realigning our inner worlds one changes how they explore healing and experience life.

Working and training with Roseanne, one literally breathes many sighs of relief. Realizing how much control one possess when the language of your energy, emotions, thoughts, nervous system and brain are clearly understood.



“our nervous system is always listening, we must learn to listen too”

Life experiences hover beneath our conscious awareness, memories within muscles and the sensory system trigger the autonomic nervous system. The nervous system does not know how to tell time, it is our job to give it regular updates. Sometimes that means restoring 'safety to the system' to integrate past experiences to free them from the lost memory banks to prevent stealing our present life and future experiences.

Roseanne's favorite quotes include:

'Safety is not the absence of threat. It is the presence of connection' Dr. Gabor Mate

'There is no way to peace, peace is the way', Thich Nath Hanh

Her favorite poem is

The Unbroken – Rashani Rea

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There is a brokenness
out of which comes the unbroken,
a shatteredness
out of which blooms the unshatterable.
There is a sorrow
beyond all grief which leads to joy
and a fragility
out of whose depths emerges strength.
There is a hollow space too vast for words
through which we pass with each loss,
out of whose darkness we are sanctioned into being.
There is a cry deeper than all sound
whose serrated edges cut the heart
as we break open
to the place inside which is unbreakable
and whole
while learning to sing.



To connect with Roseanne

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LinkedIn: <https://www.linkedin.com/in/roseanne-reilly-3014a0200/>

Roseanne has a unique skill set, sparked by originally qualifying her as a general nurse in 1997. She had a desire to teach and train individuals how to save lives and became a Health and Safety Instructor and Examiner. To apply her healing sensitivity gifts more fully she provided individualized healing through her Certification as Advanced Practitioner of Craniosacral Therapy.

To offer more rounded healing she realized most of her clients were not resourced to heal and were fearful of feeling. She designed her signature healing resource course and offered nervous System Intensive Care Immersion Programs

She went on to train as a highly experienced Trauma Informed Yoga Teacher, (ERYT 500hr) and Educator specializing in Applied Poly Vagal Theory and Nervous System Restoration and Somatic Emotional Release Techniques.

She has applied herself to thousands of hours of continuing education, training and practice with a keen focus on the most up to date research based tools resources and trainings.

Roseanne is originally from the South East of Ireland, she grew up in a family of 6 with her parents and grandmother and now lives happily with her husband and daughter in the suburbs of New York.