

## **Benefits you may experience having an Akashic Reading/Intuitive Guidance, Intuitive Art Messages, or Healing Energy Sessions**

- Relieve stress, anxiety, and fear
- Ease chronic pain
- Gain insight into your career
- Help with depression & sadness
- Get a better perspective on issues
- Learn to breathe and relax correctly
- Helps stop that stinking thinking
- Find new ways to direct anger
- Discover your soul's purpose
- Promote better sleeping patterns
- Eliminate any obstacles or blocks
- Achieve your personal goals
- Help find a balance within your life
- Create a life for which you have always dreamed

. . .and much more