

EVENT GUIDE



Scan for
Details, tickets &
workshop schedule!

EXPERIENCE THE WORLD OF NATURAL HEALTH & WELLNESS *in one weekend!*



19th Annual NATURAL LIVING expo



225

VENDORS
& EXHIBITS

60

WORKSHOPS
& MEDITATIONS

HEALTHY FOOD

TRUCKS
& VENDORS



WEEKEND ADMISSION

\$21 ADVANCE *plus Receive a Free Expo Tote*
\$25 AT THE DOOR
\$10 SUNDAY LATE ENTRY After 1pm

SATURDAY, NOVEMBER 14 9AM-6PM SUNDAY, NOVEMBER 15 9:30AM-4:30PM

Best Western Royal Plaza Trade Center
181 Boston Post Road • Route 20 West
MARLBOROUGH, MA

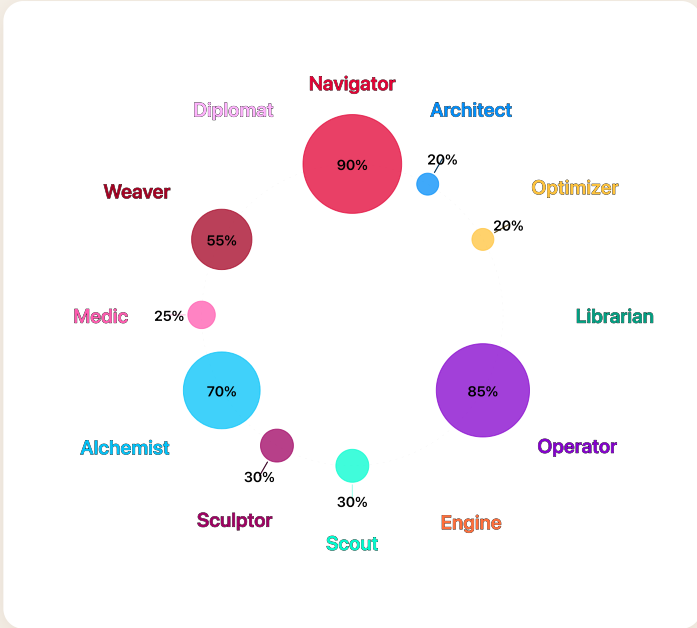
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MAGAZINE ONLINE





Come home to yourself.

Eight open-ended questions. No right answers. An AI that sees how you actually think — not what box you fit in. Your cognitive architecture, mapped.



Not another personality test.

The result isn't a type. It's a constellation — your unique combination of 12 cognitive archetypes, weighted by strength, mapped across 8 dimensions of thinking.

1

Answer
8 Questions

2

AI Maps Your
Architecture

3

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Your Report

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or through December 31, 2026 — whichever comes first



fruitpile.ai

SCAN TO BEGIN



November 14 • 9am-6pm
November 15 • 9:30am-4:30pm

Purchase Tickets Online to SAVE \$4
www.NaturalExpo.org

New England's largest holistic health & wellness event!



PROGRAM GUIDE

Plan ahead to make the most of everything the expo offers!

- PAGE 4** Floorplan and Map
- PAGE 6** Workshop Schedule At-A-Glance
- PAGE 8** Exhibitor Listings of 225 Booths
- PAGE 22** Saturday Workshop Descriptions
- PAGE 38** Sunday Workshop Descriptions

Explore a marketplace of **225 exhibits and vendors**.

Attend sessions from a schedule of **60 free workshops**.

Experience **30-minute guided meditations** at the Meditation Oasis.

Enjoy healthy eats from **15 food vendors and food trucks**.

Shop, sample products, ask questions, attend workshop sessions, meet practitioners, try a healing session, get a reading, enjoy healthy food vendors and explore the expo. **All-access weekend admission** gets you in for both Saturday and Sunday — come anytime!

At the **Best Western Royal Plaza Trade Center & Hotel, 181 Boston Post Road (Route 20 West) in Marlborough, MA** with free on-site parking.

Continuous shuttle service runs between the exhibits and food vendors in the trade center and the meditations and workshops in the hotel.

Purchase your weekend admission in advance to save \$4 and receive a **FREE Expo Tote Bag - exclusive for advance ticket holders**.



EARLY-BIRD GIVEAWAY!

The first 200 people each day get a VIP swag bag.
One bag per ticket — come early, they'll go fast!

ALL-ACCESS WEEKEND ADMISSION

\$21 in Advance
\$25 at the Door

SUNDAY AFTERNOON ADMISSION

\$10 Entry after 1pm
on Sunday Only



Buy Tickets Online
www.NaturalExpo.org

Questions?

Contact michella@naturalexpo.org
or (508) 635-4357 x2

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19th Annual
NATURAL LIVING
EXPO

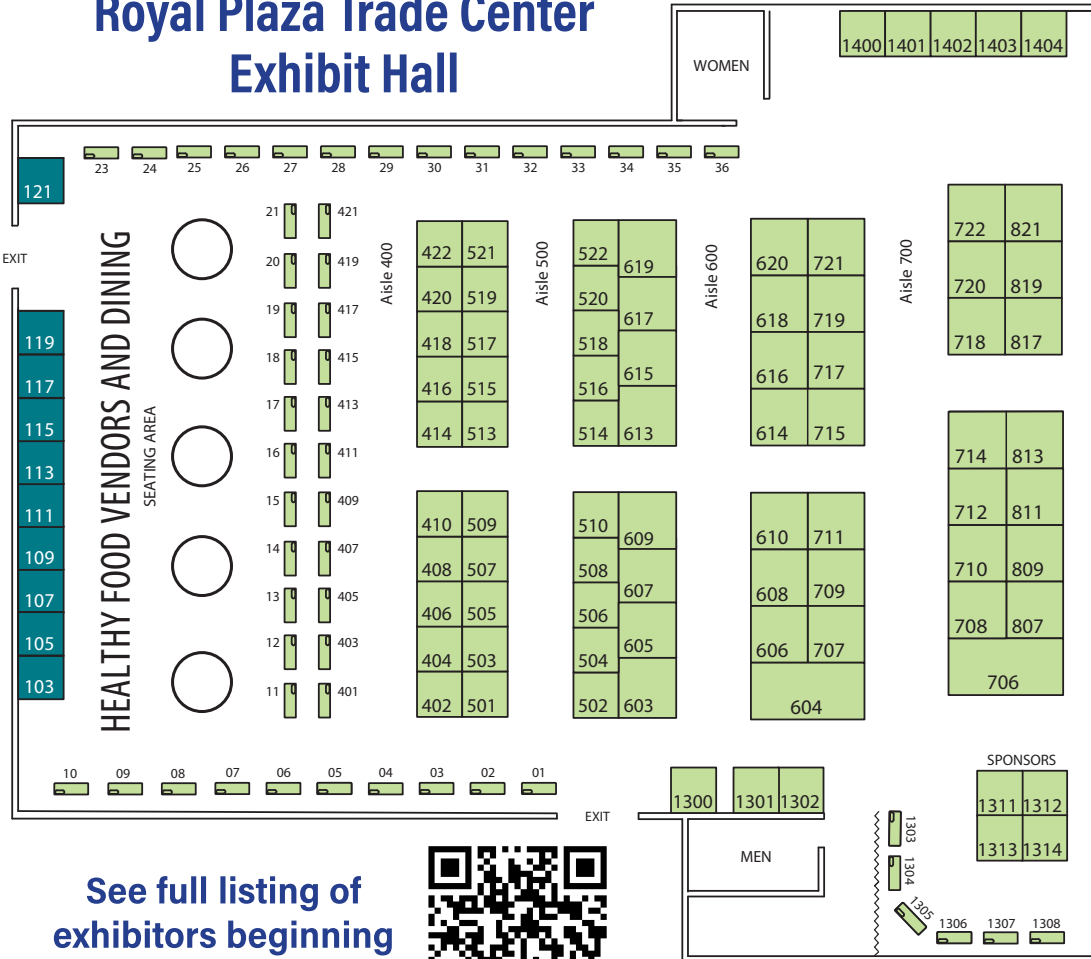
Saturday, November 14 • 9am-6pm

Sunday, November 15 - 9:30am-4:30pm

181 BOSTON POST ROAD WEST (RT. 20), MARLBOROUGH, MA

Map & Floor Plan

Royal Plaza Trade Center Exhibit Hall

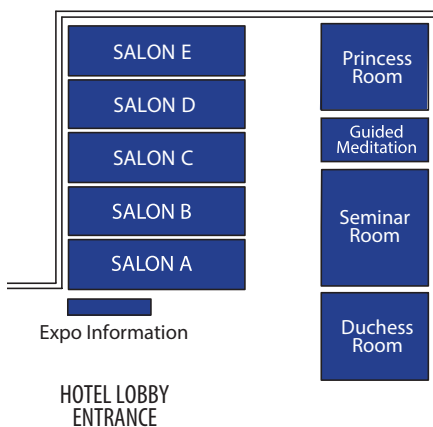


See full listing of exhibitors beginning on page 8 or online.



Best Western Royal Plaza Hotel Workshop Rooms

All workshop events take place in the hotel, a 4-minute walk or quick free shuttle ride from the trade center. Shuttles run continuously between the trade center and hotel throughout the event.

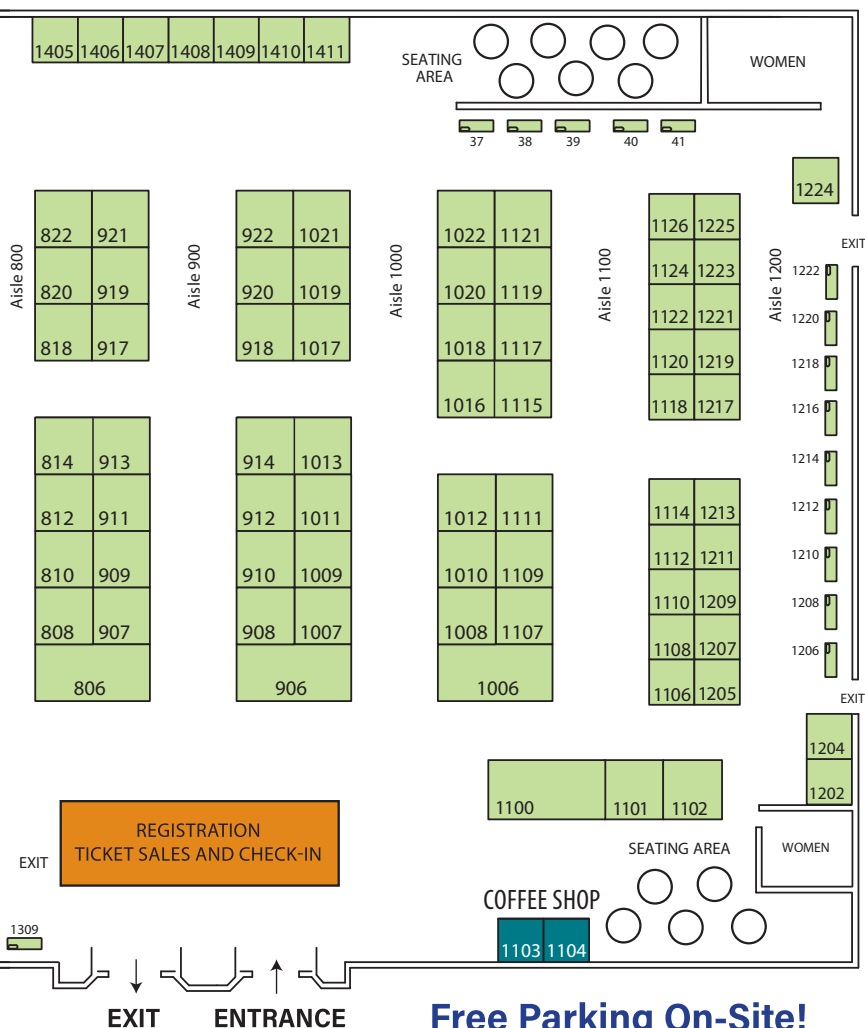


WEEKEND ADMISSION

\$21 Online *plus* FREE Expo Tote!

\$25 at the Door

\$10 Sunday Afternoon Admission after 1pm



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Free Parking On-Site!

SATURDAY WORKSHOP SCHEDULE

All workshops are included with Expo admission—explore, learn, and enjoy! Seating is first come, first served.
Speaker booth numbers are listed so you can easily stop by and connect after the session.

SATURDAY HOURS
9AM-6PM

SALON A	SALON B	SALON C	SALON D	SALON E	PRINCESS	DUCHESS	SEMINAR
9:30-10:30 A Spirit's Journey Cheryl Bradley, #401	10:00-11:00 From "I Should" To "I Did": Closing The Intention Gap Suzi Nance, #719	9:30-10:30 Sole Focus: How Your Feet Affect Your Wellness Debra Bourque, #1019	10:00-11:00 Discover How You've Been Dowsing Your Entire Life Sonia Gaudette, #1400	9:30-10:30 Automatic Drawing Through Mediumship Nancy Smith, #35	10:00-11:00 Past Lives, Present Lessons Ellie Malick/ Mark Lopatosky, #29	9:30-10:30 Using Essential Oils for Health and Stress Linda Patterson, #1218	10:00-11:00 The Right to Say Yes to Holistic Health Care Julie Booras, #7
11:00-12:00 Lightworker Ascension Training with Crystal Bowl Sound Healing Rhys Thomas, #814	11:30-12:30 Tapping Into Self-Regulation and Empowerment Lori Lamont, #28	11:00-12:00 Don't Be Afraid of Ghosts — They Were People, Too Judith Swack, #1009	11:30-12:30 Sacred Reparenting: A Quantum Healing for Your Inner Child Lisa Campion, #502	11:00-12:00 Answering The Sacred Call Of The Healer Within Susan McNamara, #33	11:30-12:30 Discover What May Trigger Your Allergies and How to Energy Test R. Rice & K. Sambuco, #2	11:00-12:00 Rewire For Love Robyn Vogel, #406	11:30-12:30 The Longevity Organ Nobody Talks About Lisa Vasile, #806
Lunch Break							
1:30-2:30 Is Your Subconscious Stealing the Show in Your Life? Dianne James, #421	2:00-3:00 Ascension 2020: The Great Awakening Amy Marino, #408	1:30-2:30 Learn What Muscle Testing Is and How To Muscle Test Yourself C. McCullough, #812	2:00-3:00 Becoming Your Own Spiritual Guru Katie Ramaci, #706	1:30-2:30 Instant Pain Elimination Ming Wu, #1016 & 1115	2:00-3:00 Jaguar Cacao, Chocolate's Lost Cousin Mateo Block, #1012	1:30-2:30 Healthy Hair and Improved Scalp Environment Through Self-Care Sharon Clohesy, #605	2:00-3:00 The Pooping Spectrum: Fixing Constipation & Diarrhea Alora Frederick, #906
3:00-4:00 Honoring Indigenous Roots in Psychedelic-Assisted Therapy Carlos Tanner, #23	3:30-4:30 How Past Life Patterns Shape Who You Are Now Donna Hartley, #5	3:00-4:00 Inner Guidance Decoded: Expanding Psychic Awareness Constance Messmer, #617	3:30-4:30 Astrology 101: Read Your Astrology Chart From Your Phone Tam Veilleux, #1208	3:00-4:00 Unleash Your Healing Power Through Restorative Yoga Hilda Reyes, #1202	3:30-4:30 Tea With A Homeopath Abby Beale and Cheryl Wood, #1110	3:00-4:00 Soul Sovereignty: Mastering the Art of Discernment Robin Landau, #1022	3:30-4:30 Write to Transform: Releasing Your Story from the Core Gina Goldfeder, #909-913
5:30-6:30 Sound Bath Journey Dave Curry: Drums For One And All			4:30-5:30 Functional Mushrooms: Benefits, Quality And More Garrett Kopp, #1225		4:30-5:30 Self-Healing Lessons From Traditional Chinese Medicine Christine Wilson, #1018 & 1117		
CORPORATE ROOM	Meditation Oasis guided meditation experience begins every half hour 11am-4pm. (No sessions from 12:30-2) Brahma Kumaris World Spiritual Organization, #1314						

SUNDAY WORKSHOP SCHEDULE

All workshops are included with Expo admission—explore, learn, and enjoy! Seating is first come, first served.
Speaker booth numbers are listed so you can easily stop by and connect after the session.

SUNDAY HOURS
9:30AM-4:30PM

SALON A	SALON B	SALON C	SALON D	SALON E	PRINCESS	DUCHESS	SEMINAR
10:30-11:30 German New Medicine: Your Biological Birthright <i>Lori Lamont, #28</i>	10:00-11:00 The Art of Managing Change: The Alchemist's Journey <i>Merrilyn Hener, #1314</i>	10:30-11:30 Follow The Path To Self-Actualization And Full Realization <i>John Thompson, #416</i>	10:00-11:00 Is Mold Making You Sick? <i>Jessica Liggero, #26</i>	10:30-11:30 Fengyang Qigong <i>Ming Wu, #1016 & 1115</i>	10:00-11:00 Your Body Is Listening: The Story You're Quietly Telling It <i>Carrie Rowan, #1221</i>	10:30-11:30 How to Identify and Replace Toxic Household Products <i>Suzanne Lucia, #513</i>	10:00-11:00 Illuminating And Transforming Our Stories Around Grief And Loss <i>J. Carey & R. Gillette, #1309</i>
12:00-1:00 Palmistry As A Tool Of Diagnosis <i>Linda Patterson, #1218</i>	11:30-12:30 Messages In Music <i>Kelly Wahl, #1222</i>	12:00-1:00 How To Be In Bliss: 4 Steps To Awaken Inner Stillness And Live From Within <i>Helena Toro Walker, #36</i>	11:30-12:30 Astrology Trends For The Coming Year <i>Eric Linter</i>	12:00-1:00 Sense Your Self: A Somatic Movement Experience <i>Sara Vatore, #11</i>	11:30-12:30 Think Like A Forager: Discovering Edible And Healing Plants <i>Amelia South, #415</i>	12:00-1:00 Galactic Journeys <i>Darlene Doughty, #34</i>	11:30-12:30 Reframing Life's Challenges From A Place Of Strength <i>Paul Moda, #40</i>
Lunch Break							
2:30-3:30 Spiritual And Broke: Aligning Purpose With Prosperity <i>Mariya Shiyko, #20</i>	2:00-3:00 Channeled Messages From The Pleiadians <i>Ava Orah, #1408</i>	2:30-3:30 You're Listening To The Wrong Voice <i>Carolyn Phinney, #24</i>	View the schedule! 	2:30-3:30 Meditative Gong Bath <i>Linda Goodman, #1307</i>	2:00-3:00 Discover The Deeper Story Your Eyes Reveal <i>Sunshine Beeson, #809</i>	2:30-3:30 Step Deeper into Your Soul's Purpose <i>Diana Phillips, #1008</i>	2:00-3:30 Healing With Frequency (90 minutes) <i>Aaron Singleton & Claudia Sanchez, #505 & 507</i>
CORPORATE ROOM	 Meditation Oasis guided meditation experience begins every half hour 11am-4pm. (No sessions from 12:30-2) <i>Brahma Kumaris World Spiritual Organization, #1314</i>						

All Workshops Are Held At The Best Western Hotel.

It's just a quick 5-minute walk from the exhibit hall to the hotel or ride the continuous free shuttle buses between the two buildings.



**So much to see and do in one day —
make a weekend of it!**

Come back FREE on Sunday with your Saturday wristband.

EXHIBITOR LIST

Organized by booth number. To find a booth location, see map on pages 4 & 5.
Search the Exhibitor List by name or keyword: www.naturalexpo.org/booths.html

- 1 A Healing Touch**
www.ahealingtouchforyou.com
Reiki-infused chair massage.
- 2 Allergy Energy Balance**
www.allergyenergybalance.wordpress.com
Using energetic balancing techniques to calm allergenic symptoms.
- 3 HollyEdenMorrow.com**
www.hollyedenmorrow.com
Soul readings — 7 month timeline. Energetic art, sacred energy products.
- 4 Celebrity Leggings**
www.celebrityleggings.com
The most comfortable leggings in various prints and colors.
- 5 Hartley International**
www.donnahartley.com
World renowned speaker and past life reader.
- 6 Shankara Naturals**
shankara.com
Luxury skincare — inspired by nature, backed by science.
- 7 National Health Freedom Coalition**
www.nationalhealthfreedom.org
Working to protect access to complementary and alternative healing practitioners.
- 8 Streaming With Spirit**
www.streamingwithspirit.com
Akashic records, mediumship, psychic/intuitive and tarot readings.
- 9 Hyperbaric Fitness**
www.hyperbaricfit.com **SEE AD PAGE 19**
Hyperbaric air chamber: feel better, heal faster, and live longer.
- 11 Somasynthesis Studio with Sara Vatore**
www.saravatore.com
Multidimensional spaces for somatic healing, integration and expansion.
- 12 Julianna Kallas Psychic, Medium**
www.juliannakallas.com
Psychic, medium, channeler, tarot, medical intuitive, psychic life coach.
- 13 RAI Counseling Services LLC**
www.raicounseling.com
You deserve support. Book your session with a counselor today!
- 14 Nature's Mysteries Academy**
www.naturesmysteries.com
Get your board certification in holistic health in 12 weeks!
- 15 Sacred Rose Herb Root Magickal**
www.sacredroseherbroot.com
Sacred Rose® is an esoteric purveyor of mystical magickal perfumes.
- 16 Lucky Runes**
www.luckyrunes.com
Palm, runes and tarot readings.
- 17 Mind Body Snack**
www.mindbodysnack.com **SEE AD PAGE 43**
Nutrient-dense superfood snack. No added sugar, vegan, gluten-free, and organic.
- 18 VARDANKAR**
www.vardankar.com
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- 19 Made Simple Organic Skin Care**
www.madesimpleskincare.com
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- 20 Joyful & Creative Living**
www.mariyashiyko.love
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- 21 OCI Healing Research Foundation Tong Ren**
www.ocihrf.org
Tong Ren healing demonstrations, information and free educational booklets available.
- 23 Aya Heritage Institute**
www.ayahuascafoundation.org
Supporting Indigenous wisdom through ethical plant medicine research and education.
- 24 Powerful You**
igniteherfire.com
Identity transformation, coaching, retreats, firewalk. Lasting change from the inside out.
- 25 Journey With Janet**
www.journeywithjanet.com
Past lives, intuitive tarot readings, selling Crystal Insight Cards.

Exhibitors continued on page 10

Purchase Advance Tickets at www.NaturalExpo.org

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- 29 Eckankar, Path of Spiritual Freedom**
www.eckinmass.org **SEE AD PAGE 25**
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- 30 Bisa Botanicals**
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- 31 Sacred Resonance Healing**
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- 32 Transmission Meditation and Maitreya's Emergence**
www.shareinternational.us **SEE AD PAGE 33**
The emergence of Maitreya brings justice, sharing and peace now.
- 33 Remembering What Matters Most**
www.rememberingwhatmattersmost.com
*Support for your capacity to heal. **SEE AD PAGE 25***
- 34 The Multifaceted Shaman**
www.themultifacetedshaman.com
Darlene creates crystal and bone wire wrapped jewelry, shamanic drums.
- 35 Nancy Smith of Angelscapes**
www.angelscapes.net **SEE AD PAGE 33**
Nancy Smith offers spirit art drawings, soul messages, books, candles.
- 36 Science of Spirituality**
www.sos.org
Offering programs, retreats on spiritual living, meditation, vegetarian diet.
- 37 Breathwork Magic**
https://linktr.ee/thebreathinggoddess
Breathwork, sound healing, retreats, workshops, and wellness experiences.
- 38 Floral Botanical Medicine**
www.floralbotanicalmedicine.com
Private health/wellness membership association.
- 39 Urantia Book Service Corps**
www.ubscone.org
Revelation about our world, universe, and God.
- 40 Purpose Rising – Strengths-Based Coaching**
www.paperbell.me/purposerising
Discover your strengths. Clarify your direction. Rise with purpose.
- 41 Bay View Health & Wellness**
www.bvhw.org
Info on using autonomic response testing to heal chronic illness.

- 401 Cheryl Bradley Author Spirit's Journey**
www.cherylbradley.com **SEE AD PAGE 37**
Meet the author and presenter, book signing, conversations, upcoming events.
- 402 Neiman Art**
www.neimanart.com
Spiritual art: fun, colorful, inspiring journals, prints, oracle cards.
- 403 Oslove Organics Inc**
www.osloveorganics.org
Oslove Organics: a simple, natural and healthy way to be beautiful.
- 404 Jenny Branco Wellness**
www.jennybranco.com
Ear seeding for stress, pain, sleep, digestion, mood and more.
- 405 Upper Valley Herbals**
www.uppervalleyherbals.com **SEE D PAGE 37**
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- 406 Come Back To Love**
www.comebacktolove.com **SEE AD PAGE 27**
Heal Your Heart readings to remove obstacles to loving.
- 407 Barkley's Biscuit Co.**
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Handmade all-natural dog treats, featuring Woofles!
- 408 The Sanctuary Presents Biomat**
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- 409 Resonance Wellness with Julia**
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Exhibitors continued on page 12



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Exhibitors continued on page 14



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Andrea Crainich, SSS, HHP, CHNC

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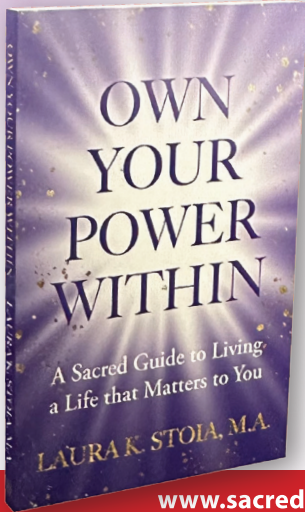
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Exhibitors continued on page 16

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Exhibitors continued on page 18

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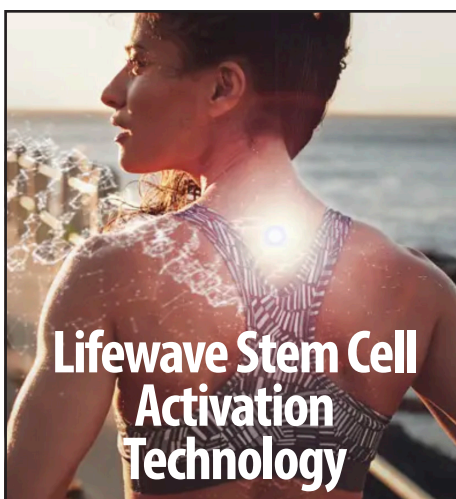
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Exhibitors continued on page 20



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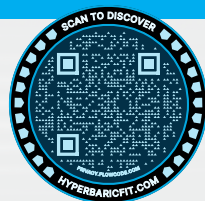
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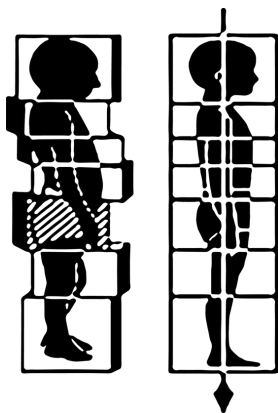
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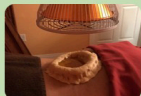
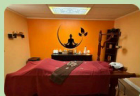
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SATURDAY EVENTS

EXPO HOURS: 9AM-6PM

All workshops are held in the hotel and are 60 minutes.

Workshop seating is available on a first come basis.

If a workshop is "must attend" for you, plan to arrive 30 minutes early.

Please respect the room capacity instructions of the expo staff.

8:30am

Ticket Sales Begin

REGISTRATION BOOTH IN THE EXHIBIT HALL | *Pick up tickets ordered in advance with a Natural Living Expo tote or purchase \$25 weekend pass tickets at the door.*

9:00am

Exhibit Hall Opens

9:30-10:30am

A Spirit's Journey

SALON A | *Cheryl Bradley*



"A Spirit's Journey" is a distinctive presentation based on the book written by the presenter. It follows the soul through an entire lifetime — beginning with the spirit's choice to incarnate and the many decisions made before birth — and continues through the human experience, concluding with the dying process and our return home. Throughout the presentation, mini-readings may occur through channeled questions from the audience, offering insight, reflection, and deeper understanding.

*Cheryl Bradley is a spiritual medium, teacher, and author with a lifelong ability to connect with Spirit, offering peace, clarity, and meaningful connection. She feels most fulfilled when channeling messages of love and guidance, reminding others they are never alone. Her work is deeply rooted in Spirit and honors each individual's unique journey. Cheryl is the creator and host of the weekly podcast *If It's Light, It's Right* and the author of *A Spirit's Journey*, which explores the soul's path from incarnation through the human experience and returning home. Visit Cheryl Bradley — Spiritual Medium booth #401. See ad page 37.*

Sole Focus: How Your Feet Affect Your Wellness

SALON C | *Debra Bourque*



This fun, informative and interactive class will focus on your feet. From balance, posture and alignment to circulation, skin and nails, learn how your feet can affect your overall health and wellness. Receive helpful tips and simple solutions that you can do at home to help relieve or prevent foot ailments and pain. Audience volunteers will demonstrate how proper posture, alignment and balance will improve stability and eliminate pain to "Help Your Feet Last a Lifetime."

Debra Bourque has specialized in foot care for over 27 years, earning several certifications in advanced foot care, including a BSc in Podology and Certified Foot Care Specialist through the American Foot Care Nurse Association. Debra is an industry educator and platform speaker, providing education and training to licensed and certified professionals worldwide. She looks forward to sharing her knowledge, simple at home foot care tips, and the latest technologies in foot care with you. Visit Healthy Feet Solutions booth #1019.

Automatic Drawing Through Mediumship

SALON E | Nancy Smith



As a spirit artist and medium, Nancy Smith uses automatic drawing techniques where she is overshadowed by spirit to create spirit art and deliver messages. In a technique called scrying, watch as Nancy covers her paper with charcoal, then brings a face into view guided by mediumship messages meant for audience members. You will also see her draw intuitively on the paper without looking, then enhance the marks to bring an image and mediumship message forward.

Reverend Dr. Nancy Smith is a certified spiritual and Akashic medium, author, spiritual mentor and spirit artist, who helps people connect to loved ones who have transitioned to the other side. She also connects to spirit guides and angels who have messages. Nancy sees her job as not only helping people connect with their loved ones, but also supporting clients in following their own spiritual journey and soul connections. Nancy's podcast "Angelscapes" is available on all podcast platforms and YouTube. Visit Nancy Smith of Angelscapes booth #35. See ad page 33.

Using Essential Oils for Health and Stress

DUCHESSE | Linda Patterson



Discover the many ways essential oils are used to protect us against colds, flu, and stomach bugs. We will cover the different types of diffusers, what you can expect from them, and how to determine which are the best quality. The lock and key response will be explained — one of the most powerful tools for stress and anxiety attacks — and details will be given on how to set this up in the brain. A variety of quality oils will be passed around for experiencing.

Linda Patterson, B.A., is the director for The Boston School of Herbal Studies, and the owner of Herbs and Aromatics. She has been an herbalist and aromatherapist for over 30 years, and teaches nationally and internationally. Linda completed an education in the sciences at Smith College to better understand plants, becoming a master gardener, and studying the many healing modalities of plants. Visit The Boston School of Herbal Studies booth #1218.

10:00-11:00am

From "I Should" to "I Did": Closing the Gap Between Intention and Action

SALON B | Suzi Nance



We all know what we "should" be doing to be healthier, happier, and to make tomorrow different. So why isn't it? Explore the gap between intention and action, uncovering the subconscious patterns that quietly sabotage follow-through and make lasting change feel so hard. Learn practical tools and simple, realistic strategies to help you bridge that gap, follow through, build momentum, and get you where you want to be!

Suzi Nance is a hypnotherapist, change strategist, speaker and author who helps individuals and organizations make the changes they desire. With over a decade of experience in stress management, behavior change, and subconscious reconditioning, she combines practical tools with brain-based strategies to create lasting results. Suzi is the founder of the Newport Center for Hypnotherapy. Known for her warm, engaging style and real-life approach, she teaches people how to manage stress, build healthy habits, and create sustainable change from the inside out. Visit Newport Center for Hypnotherapy booth #719.

Discover How You've Been Dowsing Your Entire Life

SALON D | Sonia Gaudette



Dive into the depths of dowsing with an experiential workshop that will prove to you at least 90% of the people in the room are already dowsers. You'll get a brief history and timeline of dowsing, learn how it's being used today across the globe and see the tools, the methods and the proof that dowsing is an important and practical skill.

Sonia Gaudette brings an understanding of the subtle energetic fields and dowsing methods to attendees, providing a dynamic and engaging presentation experience. She is passionate about expanding visibility and helping preserve and share esoteric and dowsing wisdom with wider audiences. Since 2005 she has developed her dowsing skills through experiential learning, and is Secretary of the Executive Board of the American Society of Dowsters. Visit American Society of Dowsters booth #1400. See ad page 27.

10:00 Workshops continued on page 24

SATURDAY EVENTS continued

10:00-11:00am (continued)

Past Lives, Present Lessons

PRINCESS | Ellie Malick and Mark Lopatosky



Have you ever wondered if you have lived before? Becoming aware of our past lives and our past karma, helps us revitalize and understand our present lifetime. We can view our current experiences with more understanding, confidence and love. Experience how past life teachings and spiritual exercises could help you gain insights into your daily lives, regardless of your beliefs. We will share three spiritual exercises to help us gain awareness of past lives and how past lives can influence our present lives.

Ellie Malick and Mark Lopatosky have extensive experience giving workshops on techniques to help people become more aware of spirituality in daily life. Both are long time members of the Eckankar clergy. Visit Eckankar booth #29. See ad page 25.

The Right To Say Yes To Holistic Health Care

SEMINAR | Julie Booras



Explore the growing movement to protect both consumer choice and practitioner freedom in health care. From herbalists, homeopaths, and energy healers to licensed doctors offering innovative and integrative treatments, this presentation examines preserving access to broader healing options and medical information, which have become increasingly restricted by institutional medical systems. Learn about creative solutions to protect your right to choose the practitioners and treatments that align with your personal health journey.

Julie Booras has been advocating for health freedom in Massachusetts since 2018, and joined the team at National Health Freedom Coalition and National Health Freedom Action in early 2020. She is passionate about health freedom rights and the innate intelligence of the body to heal with the help of nature's medicines. She believes that each person should be free to make decisions about their own health and the health of their families without government interference. Visit National Health Freedom Coalition booth #7.

11:00-11:30am

Meditation Oasis

CORPORATE ROOM | Brahma Kumaris



Step into a peaceful space for a gentle guided meditation experience. Pause, breathe, and allow yourself a few quiet moments to relax, reflect, and reconnect with the calm within.

The Brahma Kumaris World Spiritual Organization recognizes the intrinsic worth of each one of us. It provides opportunities for people from all backgrounds to plant the seed of their own spirituality and learn the skills of meditation and reflection. These skills offer a foundation for spiritual awakening that develops inner calm, clear thinking and personal well-being. These nurtured seeds lay the foundation for the emergence of a new future of peace and truth. Visit Brahma Kumaris Meditation Center booth #1314.

11:00am-12:00pm

Lightworker Ascension Accelerator Training with Crystal Bowl Sound Healing

SALON A | Rhys Thomas



If you are a lightworker and a sensitive soul — ready to heal — this mini crystal bowl training is for you! Learn the fastest growing, easiest, most enjoyable form of healing available today: crystal bowl sound healing! Healing doesn't have to be hard, painful, emotional or taste bad; it can be the most beautiful sound you have ever heard! If you are ready for a new kind of healing, come awaken the crystal sound healer within you so you can access your true gifts and abilities. Come find out how easy it can be!

Rhys Thomas is a visionary in the field of energy medicine and healing and the creator of the 4D Healing System. He is the founder of the Rhys Thomas Institute of Energy Medicine, where he has been mastering and sharing the sound healing powers of crystal bowls for decades. Visit RTI Institute of Energy Healing booth #814.

11:00 Workshops continued on page 26

The Healer Within

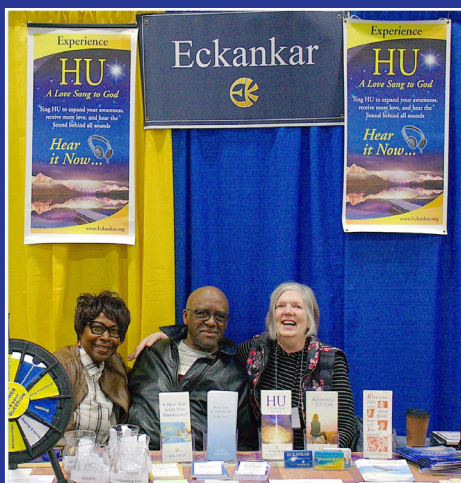
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the God-knowledge
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Exploring Your Dreams!



Linda Yael Schiller is an International speaker and consultant, Award winning author; International Impact Book Awards, dream expert, psychotherapist, and Professor Emeritus Boston University School of Social Work.

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SATURDAY EVENTS continued

11:00am-12:00pm (continued)

Don't Be Afraid of Ghosts — They Were People, Too

SALON C | Judith Swack



A ghost is a soul of a person whose body has died, and after death it is supposed to move to another realm of existence, but sometimes doesn't. In this fascinating seminar, participants will learn the three major reasons a ghost is still in this realm, how to hear and benefit from its messages, how to help it pass through to where it belongs, and how to distinguish a real ghost from a figment of your imagination.

Judith A. Swack, Ph.D., is a biochemist/immunologist, Master NLP Practitioner, mind-body healer, and best-selling author. She is the originator of *Healing from the Body Level Up (HBLU)*, an innovative methodology integrating biomedical science, psychology, hypnosis, NLP, applied kinesiology, energy psychology, spiritual principles, and her original research on complex damage patterns. She received the 2015 Association for Comprehensive Energy Psychology award for major contributions to the field and authored **Clear Trauma Now: A Powerful Solution for Getting Unstuck**. Visit *Healing From the Body Level Up* booth #1009. See ad page 17.

Answering The Sacred Call Of The Healer Within

SALON E | Susan McNamara



There is a healing force that is built right into you that is beyond a teacher, a practitioner or any program you might take. This is something many of us have lost touch with, but is as close as a little guidance and some intentional time spent with yourself. Through embodied exploration and meditation, join Susan to learn how to answer the sacred call of the healer within.

Susan McNamara is a woman who cares deeply about how we are living and how it is that we treat ourselves, each other, and the planet. She is the founder of *The Healer Within: A Unique Online Health & Healing Program for Women*, and the author of the book, **Trusting Your Body: The Embodied Journey of Claiming Sacred Responsibility for Your Health & Well-Being**. Visit *Remembering What Matters Most* booth #33. See ad page 25.

Rewire for Love

DUCHESSE | Robyn Vogel



Do you find your heart returning to old stories of hurt, longing, or disconnection? Are you ready to shift those patterns and open to love again? This experience offers guided practices to release old patterns, soften self-protection, and reconnect with authentic intimacy - within yourself and with others. Whether single or partnered, this workshop supports those healing after loss, heartbreak, or feeling stuck in familiar relationship patterns. Come as you are. Leave feeling clearer, supported, and more open to love.

Robyn Vogel, MA, is the author of **Come Back to Love: A Path to Healing** (2026). An IFS-trained therapist and trauma-informed love and intimacy coach, Robyn has spent two decades helping singles/couples heal emotional wounds, release shame, experience deeper, safer, more fulfilling love - within themselves and in relationship. Blending Internal Family Systems, somatic intimacy practices, nervous system attunement, and heart-centered relationship wisdom, Robyn brings warmth, depth, and a touch of magic to her work. Visit *Come Back To Love* booth #406. See ad page 27.

11:30-12:00

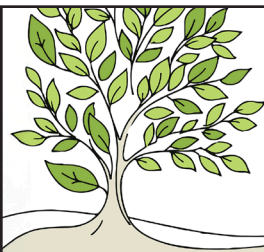


Meditation Oasis

CORPORATE ROOM | Brahma Kumaris

30-minute guided meditation experience. See full description 11:00am.

11:30 Workshops continued on page 28



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SATURDAY EVENTS continued

11:30am-12:30pm

Tapping Into Self-Regulation and Empowerment

SALON B | Lori Lamont



Learn how to use EFT/Tapping to regulate the nervous system and empower yourself in a variety of ways and for a multitude of situations. In this very hands-on workshop, you will learn how to regulate your nervous system both in public and private settings. You will also learn how to empower yourself as you create freedom from the emotions that run wild. You can have calm, peace and self-healing. It all begins with nervous system regulation.

Lori Lamont is a Master Trainer for EFT International and EFT Matrix Reimprinting Academy, teaching both methods to therapists and coaches worldwide. She is also a Meta Consciousness and GNM (German New Medicine) coach and educator, helping her clients and students understand the biological adaptations and energetic components of their health conditions. Lori specializes in GNM, past lives, soul contracts, and relationships. Her life purpose is to assist the great awakening by helping others shift their programming to ultimately raise the frequency of the collective. Visit Empowerment EFT booth #28.

Sacred Reparenting: A Quantum Healing for Your Inner Child

SALON D | Lisa Campion



In this experiential workshop, explore the inner child and inner critic, learning how these parts of your psyche may be blocking your intuition and authentic self-expression. Through a guided meditation, you'll meet your inner child in a sacred space, receive a personal message, and discover both the wounded aspect who needs comfort, and the magical child who holds your joy and wisdom. The session closes with a group quantum healing to gently release old wounds and restore wholeness.

*Lisa Campion is the author of her newest book **Sacred Reparenting** as well as four other #1 best-selling books. She is a psychic counselor and Reiki Master Teacher with over 35 years of experience in the healing arts. Lisa has trained thousands of students in Reiki and has conducted over 15,000 individual healing sessions. She also hosts "The Miracle of Healing" podcast and specializes in training emerging psychics, empaths, and healers. Visit Lisa Campion booth #502. See ad page 37.*

Discover What May Be Triggering Your Allergies and Sensitivities and How to Energy Test

PRINCESS | Rachel Rice and Kate Sambuco



Discover the impact that hidden food and supplement sensitivities can have on your well-being, and how energy testing can be leveraged to discover the root of allergenic symptoms. Rachel and Kate will demonstrate how to test foods and supplements for yourself, so you can find brands that are most compatible with your energy, as well as screen out the ones that may be causing issues, saving you money and improving your well-being.

*Together, Rachel Rice and Kate Sambuco researched, wrote, published, and have presented a highly compelling case study entitled **Reintroducing Allergenic Foods to a Child with Multiple Food Allergies using Energy Medicine**. Rachel Rice is an Eden Energy Medicine Advanced Practitioner, researcher, speaker and teacher. Kate Sambuco is an Eden Energy Medicine Practitioner with a focus on allergy management. Visit Allergy Energy Balance booth #2.*

The Longevity Organ Nobody Talks About: A Blueprint for a Longer Life, Stronger Brain, and Greater Health Span

SEMINAR | Lisa Vasile, NP



Most people want to live longer. Far fewer know how to stay strong, sharp, independent, and healthy while doing it. In this eye-opening presentation, Lisa will uncover the "longevity organ" that plays a critical role in metabolism, brain and heart health, blood sugar regulation, bone strength, and healthy aging. Attendees will leave with practical, science-backed strategies you can start using immediately to support a longer, healthier, and more active future.

Lisa Vasile is a functional medicine nurse practitioner and owner of 4 Better Health Functional Medicine practice in Hopkinton, MA. She has always valued movement and nutrition as keys to optimal wellness and vitality for herself, her family and her patients. Her passion has brought her two health segment interviews with CNN, as well as cable, podcasts, and radio shows. Visit 4 Better Health, Inc. booth #806.

11:30 Workshops continued on page 30

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SATURDAY EVENTS continued

12:00-12:30pm



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description 11:00am.

1:30-2:30pm

Is Your Subconscious Stealing the Show in Your Life? Learn Five Easy Ways to Become the Star Again!

SALON A | *Dianne James*



If you have ever had the lingering feeling that you were meant for something more, something better, or even something entirely different, your subconscious patterns are running the show. Discover easy techniques to unpack and dissolve patterns that have kept you stuck, small and off track. Learn how to use your mental, emotional, spiritual abilities to become the star of your own life again with an effective 3-step process that will show you how to reignite your dream life.

*Dianne James, MS, is a transformational life coach, trance channel, Akashic reader, tapping healer, and author of **The Real Brass Ring**. She helps women and men reconstruct their future and find greater success, abundance and bliss by utilizing world-class coaching techniques blended with EFT, Akashic records guidance and results-driven exercises. Visit Dianne James booth #421. See ad page 29.*

Learn What Muscle Testing Is and How To Muscle Test Yourself

SALON C | *Charlene McCullough*

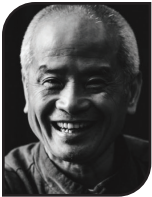


Muscle testing is a non-invasive technique used to assess the body's responses to stimuli such as foods or products. Charlene will demonstrate the arm muscle resistance test to ask your body's innate intelligence what the root cause and cure of your symptom is. Learn two other methods as well: finger snap and body sway technique. Bring items or foods you have questions about to practice with.

Charlene McCullough, CN, is the owner of Natural Health Pathways located in Framingham, MA. With a Masters in Human Nutrition from the University of Bridgeport, she is also Certified and Advanced Clinically Trained in Nutrition Response Testing, and an Advanced Cellcore Practitioner. She brings the most advanced training in natural healing, while also providing an effective testing method capable of discovering the root cause, along with non-invasive, affordable solutions. Visit Natural Health Pathways booth #812. See ad page 21.

Instant Pain Elimination

SALON E | *Ming Wu*



Experience how tui na and qigong healing are effective for headaches, neck pain, bursitis, fibromyalgia, back pain, herniated disk, knee problems, bone spurs and more. Demonstrations on individual volunteers included.

Dr. Ming Wu, Ph.D., is a doctor of Chinese Medicine and a 20th generation practitioner of Fengyang Taoist Chinese Medicine - the only one teaching in the United States. He is also a Master practitioner of tai chi and qigong, having studied in China and the US for over 40 years. Dr. Wu has studied Fengyang Chinese Medicine his whole life, beginning training with his father Mu Qing Wu (19th generation Fengyang Medicine practitioner) when he was 7 years old. He is the director of Wu Healing Centers in W. Hartford, CT and Maynard, MA. Visit Wu Healing Center booth #1016 & 1115. See ad page 37.

Optimize Your Routine For Healthy Hair And An Improved Scalp Environment Through Self-Care

DUCHESS | *Sharon Clohesy*



This presentation will deliver information to help you start immediately to improve your hair health and scalp environment. Understand how stress, supplements and hormones connect to your hair's health, and how to identify key factors when looking at cosmetic ingredients. Learn three simple steps to improve a compromised scalp environment — dry, itchy, oily or sensitive.

Sharon Clohesy, I.A.T., IoT, founder and president of ROgHA® Hair System and Hair and Scalp 360, LLC is a licensed cosmetologist and educator with over 25 years of studying cosmetic chemistry. Sharon traveled coast to coast educating for a major hair loss company while operating her salon for over 20 years. She is an active member of the International Association of Trichologists, International Affiliate of the Institute of Trichologists, and has developed a variety of educational programs, including an oncology program that is offered throughout local oncology centers. Visit ROgHA® Hair System booth #605. See ad page 29.



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description 11:00am.

Ascension 2020: The Great Awakening

SALON B | *Amy Marino*



COVID kicked off an ascension wave for humanity, a time known as The Great Awakening that is happening right now. If Earth feels like it is shaking underneath you, it is meant to. Your soul contract for the ascension has been activated. We are moving from 3D to 5D, and light workers and starseeds are leading the way. Join psychic medium and channel Amy Marino for a sneak peek behind the curtain as she shares channeled information about what is happening on the planet right now, including disclosure, first contact, technologies and shifting timelines.

Amy Marino is a gifted certified intuitive practitioner, psychic medium, quantum energy healer, Akashic Records reader, tarot reader and spiritual coach with nearly two decades of professional experience. She is the founder and owner of The Sanctuary Healing Therapies and Gifts & Divinity Spa, an award-winning healing center located on Cape Cod, Massachusetts, where she has earned a trusted reputation for integrity, accuracy, and deep compassion. Visit The Sanctuary Presents Biomat booth #408. See ad page 9.

Becoming Your Own Spiritual Guru

SALON D | *Katie Ramaci*

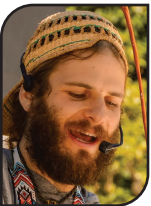


Are you finding yourself feeling stuck, victimized or disconnected? Are you ready to be empowered to follow your spiritual path? Through guided journey and thought intention, we will expand your light body to create a light vehicle for you to connect to your higher aspects and divine sources for clarity and direction. Activating this your light body is a tool you can use daily to strengthen your energy field and empower you to become your own spiritual authority.

Katie Malloy Ramaci, CHT, is an advanced hypnotherapist and certified master instructor with the International Association of Counselors & Therapists. She is a powerful healing professional with 30+ years of experience in many healing modalities, including Usui, Holy Fire and Karuna Reiki, Magnified Healing, IET, shamanism and more. Katie is the owner of Women of Wisdom Store and Holistic Healing Center, and the Director of the Schools of Wisdom in Easton, MA. Visit Women Of Wisdom/Schools of Wisdom booth # 706. See ad page 33.

Jaguar Cacao, Chocolate's Lost Cousin

PRINCESS | *Mateo Block*



In this presentation we'll learn all about jaguar cacao, chocolate's lost cousin. Taste it, drink it, eat it! Try many different ways to enjoy this healthy superfood which is similar to chocolate...but a bit different. Meet the farmers reviving this ancient plant and making it available to us, and learn a bit about this plant's history.

Organic farmer and entrepreneur Mateo Block has worked on dozens of permaculture farms in North and South America, and now is dedicated to creating the highest quality and award-winning, nutrient dense chocolate and foods possible through Prophecy Chocolate. Visit Prophecy Chocolate booth #1012.

The Pooping Spectrum: Fixing Constipation and Diarrhea

SEMINAR | *Alora Frederick*



Explore the underlying mechanisms driving both constipation and diarrhea, highlighting how seemingly opposite symptoms often share common root causes. Examine key factors such as motility, the microbiome, nervous system regulation, and inflammation, and how imbalances can push the gut in either direction. Attendees will gain practical strategies to assess and support the full spectrum of digestive dysfunction. Whether too fast or too slow, this lecture breaks down how to find the middle ground for bowel movements.

Alora Frederick is a registered dietitian focused on applying integrative and functional nutrition models, which examine the root cause of issues rather than just addressing the symptoms. Alora loves to help people feel their best, and has a special interest in GI health and mental health (depression and anxiety). She strives to motivate individuals on their health journey and enjoys facilitating an understanding and practical application of nutrition science. She is also passionate about holistic lifestyle practices such as mindfulness, joyful movement, and intuitive eating. Visit Johnson Compounding & Wellness booth #906.

SATURDAY EVENTS continued

2:30-3:00



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description 11:00am.

3:00-3:30pm



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description 11:00am.

3:00-4:00pm

Honoring Indigenous Roots in Psychedelic-Assisted Therapy: A Path to Deeper Integration

SALON A | *Carlos Tanner*



In an era of rising interest in psychedelic-assisted therapy, how can we honor indigenous origins while maximizing healing? Explore ancestral wisdom, particularly from Amazonian Shipibo traditions, in grounding and deepening modern psychedelic experiences, including key principles of interconnectedness, energetic protection, and holistic healing of body, mind, spirit, and community. Participants can gain practical tools for respectful integration, while avoiding cultural appropriation for profound, ethical transformation.

Carlos Tanner has been immersed in the study of ayahuasca and plant medicine in the Amazon rainforest since 2003, founding the Ayahuasca Foundation in 2009 in Iquitos, Peru. Through the foundation, he organizes healing retreats and educational courses led by indigenous curanderos, aiding participants in addressing conditions from depression to cancer while deepening understanding of Amazonian ancestral traditions. Since 2017, the foundation has collaborated with Onaya Science on research into ayahuasca's therapeutic effects, yielding over a dozen published articles. Visit Aya Heritage Institute booth #23.

Inner Guidance Decoded: Expanding Psychic Awareness

SALON C | *Constance Messmer*



This immersive talk expands intuition beyond basic awareness into a dynamic, multidimensional experience. Through channeled messages from realms of spirit, participants learn how intuitive information is received from chakras, past lives, guides, loved ones, and higher realms - and, more importantly, how to engage with it. Attendees will learn to distinguish where information comes from and how it presents through the senses. Ideal for both practicing readers and the intuitively curious.

*Constance Messmer is a transformational speaker, author, energy healer, and master teacher of psychic development with over 30 years of professional experience. She is the creator of the 11 Soul Senses and author of **Soul Yoga**, introducing her powerful 12-chakra system for expanded awareness and healing. Through her popular YouTube channel and The Constance Messmer Podcast, she has helped thousands world-wide unlock and trust their intuitive abilities. Visit Constance Messmer — Transformational Psychic Teacher booth #617. See ad page 33.*

Unleash Your Healing Power Through Restorative Yoga

SALON E | *Hilda Reyes*



Practice flowing movement, gentle breathwork and a simple mudra to rebalance your mind, physical, and subtle bodies. Experience what it means to rise up and unapologetically embody your authenticity with integrity and consistency. From this place of conscious empowerment, we will collectively raise the vibration of the space and send this healing energy out into the world.

Hilda Reyes, RN, holds Reiki I/II Practitioner certifications in the Usui Method, RYT200, Restorative, Prenatal/Postnatal Yoga Instructor, and Ayurveda Specialist certifications. Hilda, a spiritual intercessor, healer, and nomadic yogi, offers public and private, customized wellness and spiritual services worldwide. She is a contributing yoga instructor with the Worcester BIPOC Yoga Collective and Gobinday Yogic Health. Visit The Glistening Waters Center Integrative Wellness booth #1202.

3:00 Workshops continued on page 34



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SATURDAY EVENTS continued

3:00-4:00pm (continued)

Soul Sovereignty: Mastering the Art of Discernment

DUCHESS | Robin Landau



As a lightworker, honing the skill of discernment is essential. This workshop provides the tools and guidance necessary to discern your own truth through visualization, intention, invocations, and energy work. In this session, you will learn how to raise the vibration of your food and water, create healthy energetic boundaries using sacred geometry, and practice effective cord cutting. Ground into your divine alignment as you learn to discern truth from distortions.

Robin Landau, a Marconics Master Teacher and Regional Team Lead - Eastern U.S., has trained extensively under the Marconics Founders and brings a depth of experience and wisdom to her work with teachers, students, and clients. With 36+ years of personal experience as a seasoned healer and a deep understanding that she is mission-based, Robin is committed and passionate about serving the Ascension Mission. Visit Marconics Ascension Energy booth #1022.

3:30-4:00pm



Meditation Oasis

CORPORATE ROOM | Brahma Kumaris

30-minute guided meditation experience. See full description 11:00am.

3:30-4:30pm

How Past Life Patterns Shape Who You Are Now

SALON B | Donna Hartley



Explore how past-life experiences influence your life today, revealing the roots of fears, feelings of unworthiness, and repeating patterns. Through real examples and stories, you'll discover connections from the past to the present, and how to heal unresolved lessons while uncovering gifts and strengths carried from other lifetimes. By understanding these lessons, including people, beliefs, health and your spiritual mission, you can heal and release what no longer serves you.

*Donna Hartley is an international speaker, inspirational author, world-renowned past life reader, and awakened survivor. A former Miss Hawaii and television actress, she has shared the screen with legends like Robin Williams and Dick Van Dyke. For over four decades, Donna has captivated audiences worldwide with her expertise on overcoming adversity, inner leadership, intuition and past life patterns. She is the author of the **Fire Up Your Life** series. Visit Hartley International booth #5.*

Astrology 101: Read Your Astrology Chart From Your Phone

SALON D | Tam Veilleux



Your natal astrology chart is a personal roadmap showing what you're here to heal, grow, and master in this lifetime. In this dynamic discussion, you'll be guided step-by-step through pulling up and reading your own chart (yes, right on your phone) so you can learn alongside the teaching. We'll cover the basics of astrology — planets, signs, and houses — in a simple, memorable way, then explore the lunar nodes and Chiron to reveal core life themes and growth edges. No experience required. If you're brand new to astrology, you're welcome here.

Energy work for lives women love. Tam Veilleux is a teacher, healer, artist, and astrology junkie, who translates cosmic wisdom into practical tools for women ready to heal old patterns and live with more clarity, courage and joy. Visit Choose Big Change booth #1208.

Tea with a Homeopath

PRINCESS | Abby Beale and Cheryl Wood

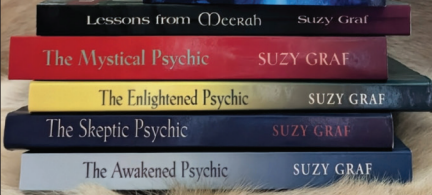


Would you like to know more about homeopathic medicine? This informal and thoughtful conversation will introduce you to homeopathy through the eyes of experienced homeopaths Abby Beale, CCH and Cheryl Wood, CCH. You will learn about homeopathic remedies, where they come from and how they're made, as well as what they can be used for. Discover how you can get started using homeopathy for yourself and your family at home. Plenty of time for Q&A.

*Abby Beale and Cheryl Wood are certified classical homeopaths practicing in MA (in-person and virtual), and contributors to the **Homeopathy Primer** book. They both believe that homeopathy is the most powerful, yet gentle, medicine on this planet, and enjoy educating and sharing homeopathy to help others know how to use it for themselves through use of the book and leading study groups. Both Cheryl and Abby have been in practice for 13 years, and are grateful to witness improved health outcomes through homeopathic medicine. Visit Homeopathy Primer booth #1110. See ad page 35.*

3:30 Workshops continued on page 36

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Stephanie Woods

*Singing Bowl and
Gong Practitioner*

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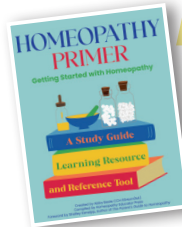
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SATURDAY EVENTS continued

3:30-4:30pm (continued)

Write to Transform: Releasing Your Story from the Core

SEMINAR | *Gina Goldfeder*



This experiential workshop guides participants to identify and begin transforming the core emotional wound shaping their voice and expression. Using writing as a powerful tool for self-discovery, participants can uncover limiting narratives and reconnect with their authentic voice. Through reflection, guided writing, and visualization, participants will gain essential tools to shift their self-perception and start rewriting their story from a more conscious place. All materials provided.

*Gina Goldfeder, author of **Releasing The Emotional Wound**, is a psychotherapist from Mexico City with over 30 years of experience. Trained at Universidad Anáhuac and the Mexican Institute of Couples, she brings a rich multicultural perspective to her work. Gina believes when individuals feel truly validated, the defenses built around pain begin to dissolve, allowing their authentic potential to emerge. Guided by a deep calling to listen and support, she helps others reconnect with their truest selves beyond trauma and limitation. Visit Inner Traditions booth #909-913.*

4:00-4:30pm



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description 11:00am.

4:30-5:30pm

Functional Mushrooms: Benefits, Quality And More

SALON E | *Garrett Kopp*



Explore the health benefits of seven key mushrooms: chaga, reishi, turkey tail, artist conk, lion's mane, maitake, and cordyceps. Learn which ones need to be wild-harvested and which grow just fine cultivated, how different preparation methods change what you get, and how to tell good quality from bad. Learn safety basics: who should be careful with mushrooms and when to check with a doctor first.

Garrett Kopp is the founder and CEO of Birch Boys, an Adirondack-born wellness company built on sustainably wild-harvested chaga and other functional mushrooms. Garrett began harvesting chaga at 15, and is the company's leading voice on chaga, sustainable forestry, and the 220,000+ acres of Adirondack forest Birch Boys leases and processes in-house at their Tupper Lake facility. Visit Birch Boys Mushroom Tinctures booth #1225.

Self-Healing At Its Finest: Lessons From Traditional Chinese Medicine

DUCHESS | *Christine Wilson*



Ancient Taoist teachings have existed for thousands of years to improve health and longevity. Learn pain relieving pressure points, the benefits of herbal formulas, as well as the healing secrets of life energy. Practicing a few lifestyle changes can bring harmony to you and your family.

Christine Wilson, LMT, is the owner and practitioner of Healing Body Solutions located in Palmer, MA. She has been a licensed massage therapist for over 30 years and has been Master Ming Wu's apprentice since 2014. Christine received the 2022 award for Fengyang Tuina practitioner. Wellness is Christine's passion, which shows in her life. Visit Fengyang Taoist Chinese Medicine booths #1018 & 1117. See ad page 37.

5:30-6:30pm

Sound Bath Journey

SALONS A.B.C | *Dave Curry*



Round out your experience at the Natural Living Expo with a restorative sound bath meditation lead by audio alchemist Dave Curry. Come relax in a chair or stretch out on the floor for a one-hour sonic exploration that combines a wide range of traditional acoustic instruments with the enhancement of modern electronics, all carefully crafted to take you on a peaceful musical journey that is both inspiring and restful. Dave weaves together a tapestry of gongs, bells, chimes, chanting, shruti drones, didgeridoo, wooden flute, kalimba, handpan, and a host of devices for conjuring natural soundscapes.

Dave Curry is the creative director for "Drums For One & All," the umbrella under which he offers the drumming-related services of event facilitation, workshop instruction, private lessons, live performances, and drum repairs. Over the past 26 years, Dave has led well over 1500 drumming events at schools, churches, colleges, libraries, retreat centers and other institutions across New England. As a multi-instrumentalist, he also plays live meditative music for yoga classes and ecstatic dance events.



MEET
Cheryl Bradley
MEDIUM & AUTHOR

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PRESENTATION
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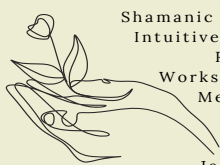
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Psychic, Reiki Master Teacher,
Quantum Healer

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Booth #502

Attend Lisa's guided meditation and quantum healing:
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Healing for Your Inner Child"**
Saturday, Nov. 14, 11:30-12:30pm

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#1016 & 1115**

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Level 4: Fengyang Wellness Coach (online + in person learning with Dr. Wu)

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SUNDAY EVENTS

EXPO HOURS: 9:30AM-4:30PM

All workshops are held in the hotel and are 60 minutes.

Workshop seating is available on a first come basis.

If a workshop is "must attend" for you, plan to arrive 30 minutes early.

Please respect the room capacity instructions of the expo staff.

9:00am

Ticket Sales Begin

REGISTRATION BOOTH IN THE EXHIBIT HALL

Pick up tickets ordered in advance with a Natural Living Expo tote or purchase \$25 weekend pass tickets at the door. Free re-admission with your Saturday wristband.

9:30am

Exhibit Hall Opens

10:00-11:00am

The Art Of Managing Change: The Alchemist's Journey

SALON B | *Merrilyn Hener*



The only guarantee in life is that things will change. Navigating change, whether by choice, or necessity, is a spiritual skill that can bring deep meaning and purpose to life. With a little bit of spiritual alchemy, we will explore practical methods proven to change negativity into a glow of peaceful self-acceptance and personal joy.

Merrilyn Hener, MSPT, IMT, C., has been a student and teacher of Raja Yoga meditation since 2007. Professionally, she earned her master's degree in physical therapy from Boston University in 1996, and an additional certification in Integrative Manual Therapy a few years later. She teaches a variety of classes, workshops, and retreats both at the

Brahma Kumaris Meditation Center in Watertown, MA and at the Peace Village Learning and Retreat Center in New York. Visit Brahma Kumaris Meditation Center booth #1314.

Is Mold Making You Sick?

SALON D | *Jessica Liggero*



Mold sickness presents differently from person to person making it difficult to diagnose and is overlooked by conventional medicine. This workshop will discuss the many symptoms of mold exposure, as well as solutions, tips on detoxification, prevention and a holistic approach for addressing mold toxicity. Also learn about how mold exposure impacts gut health. If you have ongoing chronic symptoms, mysterious health issues or weight management problems, this talk is for you.

Jessica is a board certified holistic health practitioner and a functional diagnostic nutrition practitioner. She is the owner and founder of Rebalance Your Routine, a functional holistic health practice that helps people improve gut health and detoxification. Jessica is based in the greater Boston area, and regularly exhibits and speaks at events throughout the northeast. Visit Rebalance Your Routine booth #26.

Your Body Is Listening: The Story You're Quietly Telling It

PRINCESS | Carrie Rowan



What if the thoughts you repeat about your health are shaping how you feel in your body? Explore the powerful connection between the mind and body through moving stories, emotional insight, and live music, all wrapped together with a beautiful guided meditation. You'll begin to notice the quiet stories you may be telling yourself about your health, and how those inner messages may be shaping the signals your body receives every day. Walk away with your own five-word mantra — one that could reshape your health story for good.

Carrie Rowan, affectionately known by clients as the “Professor of Happiness and Joy,” is a bestselling author, mind-body story expert, and award-winning artist. She is the author of *Tell A New Story* and host of the syndicated radio show and podcast “Look for the Good,” reaching over 320,000 listeners worldwide. Her work has been featured on major media outlets including CBS and NBC. Visit Change Your Story, Change Your Life booth #1221.

Illuminating And Transforming Our Stories Around Grief And Loss

SEMINAR | Jennifer Carey & Robin Gillette



False beliefs like “you have two days to grieve” or “grief should be hidden and avoided” can block us from allowing the natural grieving process. Grief is a hurricane. Softening judgments about loss helps us honor and navigate our unique grief storm. In this interactive workshop, you will use journaling and poetry to illuminate a personal false belief or story that may be holding you back from forming a healthy, lifelong relationship with loss. Written journal prompts, a journal, and a pen will be provided.

Jennifer H. Carey, Ed.S, LMHC, provides opportunities to experience mindfulness, connection, and creative expression, clearing the path to our dreams and purpose. She is a psychotherapist and author of the book and podcast *Illuminating the Stories that Bind Us*. Robin A. Gillette, retired social worker, unexpectedly lost her father and husband in 2022. She turned to the creative process of writing poetry to navigate the hurricane of her unique grief feelings with her book, *Grief is a Hurricane: Empowering Poems for Those Facing Loss*. Visit Jennifer Carey & Robin Gillette booth #1309.

10:30-11:30am

German New Medicine: Reclaim The Wisdom Of Your Biological Birthright

SALON A | Lori Lamont



Most people know intuitively that our medical model is incorrect. But what if the “facts” that it's built on, even the role of germs, are false? Learn the controversial innate wisdom of Meta Consciousness, aka Germanic Healing Knowledge. Learn the true cause of your symptoms, the nature of chronic issues, and how to regulate the nervous system in a way that will help in real time. The truth behind this body of knowledge is your birthright.

Lori Lamont is a Master Trainer for EFT International and EFT Matrix Reimprinting Academy, teaching both methods to therapists and coaches worldwide. She is also a Meta Consciousness and GNM (German New Medicine) coach and educator, helping her clients and students understand the biological adaptations and energetic components of their health conditions. Lori specializes in GNM, past lives, soul contracts, and relationships. Her life purpose is to assist the great awakening by helping others shift their programing to ultimately raise the frequency of the collective. Visit Empowerment EFT booth #28.

Follow The Path To Self-Actualization And Full Realization

SALON C | John Thompson



In this expansive, highly entertaining presentation, you will experience a wide variety of teachings and practices designed to open up your self-awareness and healing abilities, including: powerful breathing practices such as Breath of Fire, Quantum Touch for Health, the five rites revealed in The Fountain of Youth, reflexology, kombucha tea, orgone energy, Japanese walking, muscle testing, the use of pendulums, the power of mantras, and maintaining your physical strength and balance by using isometric exercises.

John Thompson is a high-energy presenter who has been exploring the pathway to full realization, while resisting the aging process for the past fifty years. Having just celebrated his 82nd birthday, John's realization process began in earnest in 1976 with his introduction to quantum energy practices, reflexology, and Eastern mysticism, including the first of 19 visits to India where he has been immersed in the teachings of illuminated beings, including Sathya Sai Baba, Amachi, Nithyananda, Ravi Shankar, Srimad Sai Rajarajeshwari, and Karunamayi. Visit Mother Earth Orgone booth #416.

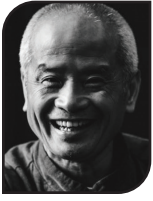
10:30 Workshops continued on page 40

SUNDAY EVENTS continued

10:30-11:30am (continued)

Fengyang Qi Gong

SALON E | Ming Wu



Enjoy a morning pick-up with a healthy dose of qi gong energy to carry you through the day. The simple movement and breath exercises of qigong are easy to learn and fun to do. No experience necessary.

Dr. Ming Wu, Ph.D., is a doctor of Chinese Medicine and a 20th generation practitioner of Fengyang Taoist Chinese Medicine. He is also a Master practitioner of tai chi and qigong. Dr. Wu has been carefully instructing students in qigong and tai chi in the US for over 26 years and is the director of Wu Healing Centers in W. Hartford, CT and Maynard, MA. Visit Wu Healing Center booth #1016 & 1115. See ad page 37.

How To Identify, Eliminate And Replace Toxic Household Products

DUCHESS | Suzanne Lucia



Many common household cleaning products contain ingredients that contribute to unnecessary chemical exposure. Learn to identify where toxins hide, recognize misleading labels, and understand everyday habits that add to the problem. Gain practical, realistic strategies to reduce exposure, simplify cleaning routines, and replace harsh chemicals with safer methods, including the role of mechanical cleaning using microfiber and water. The focus is on small changes that can make a meaningful impact over time with knowledge you can use immediately.

Sue Lucia is a healthy home educator with a passion for helping families create cleaner, safer living spaces without overwhelm. She specializes in simplifying household routines, reducing everyday chemical exposure, and teaching practical strategies for maintaining a healthier home. Her approachable teaching style makes complex topics easy to understand and apply in everyday life. Visit Norwex booth #513.

11:00-11:30am

Meditation Oasis

CORPORATE ROOM | Brahma Kumaris



Step into a peaceful space for a gentle guided meditation experience. Pause, breathe, and allow yourself a few quiet moments to relax, reflect, and reconnect with the calm within.

The Brahma Kumaris World Spiritual Organization recognizes the intrinsic worth of each one of us. It provides opportunities for people from all backgrounds to plant the seed of their own spirituality and learn the skills of meditation and reflection. These skills offer a foundation for spiritual awakening that develops inner calm, clear thinking and personal well-being. These nurtured seeds lay the foundation for the emergence of a new future of peace and truth. Visit Brahma Kumaris Meditation Center booth #1314.

11:30am-12:30pm

Messages In Music

SALON B | Kelly Wahl



We are all energy. Energy is a frequency. Discover how rhythm and melody can shake off frustration, calm the mind, and give voice to unspoken emotions. Learn how to develop your intuition by decoding the messages hidden within music, harness its healing energy, and uncover universal truths in everyday life. Connect to your inner self and learn to communicate with loved ones in spirit through the frequency of sound.

Kelly Wahl, vessel for spirit, holistic practitioner, and host of "K Wahl Connected," is a 4th generation intuitive healer. Her path has evolved through massage therapy, energy healing, and a deep connection to higher consciousness, guiding her work as a psychic medium, speaker and mentor. Known for her authenticity, compassion and resilience, Kelly encourages others through her transformative energy and insight to embrace their truth and step into their highest selves. Visit K Wahl Healing Arts booth #1222. See ad page 41.

11:30 Workshops continued on page 42



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A portrait of K Wahl, a woman with curly hair wearing a black top hat and a black dress, smiling.

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SUNDAY
NOVEMBER 15
11:30 AM
IN SALON B

Let's Connect Booth 1222

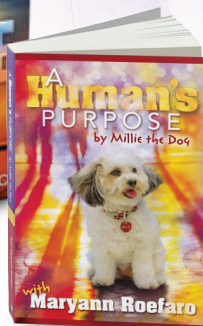
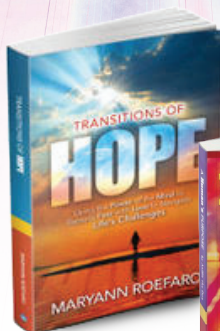
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SUNDAY EVENTS continued

11:30am-12:30pm (continued)

Astrology Trends For The Coming Year

SALON D | *Eric Linter*



Mirroring the heavens, as above, so below. Come join Spirit of Change columnist Eric Linter for a look at the autumn stars as well as what the next year holds.

Retrograde season is upon us and Jupiter, Saturn, Uranus, and Neptune will each change signs, all significant astrological transitions. The evolving dynamics support adventurous, forward-thinking and humanitarian spirits. Eric will share his insights about what's in store collectively as well as for the individual signs. His talk will help you prepare for the coming opportunities and challenges. All are welcome.

Massachusetts based astrologer Eric Linter has a full time consulting practice, authors numerous articles and columns, is an occasional lecturer and photographer. He began his esoteric studies under the guidance of the spiritually oriented Boston astrologer, Isabel M. Hickey. His professional career has spanned more than forty years. Sign up for his daily and seasonal readings on the Spirit of Change website.

Think Like A Forager: Discovering Edible And Healing Plants

PRINCESS | *Amelia South*



In this interactive talk, you'll learn how to recognize common edible and medicinal plants growing in backyards, parks, and along local trails - many of which you've probably walked past without noticing. We'll cover simple plant identification tips, basic safety guidelines, and how to harvest responsibly and sustainably. This session will entice you to look at your backyard with new eyes and provide you with a deeper appreciation for the natural abundance around you.

*Amelia South is a professional foraging instructor and herbalist, who has spent nearly two decades cooking, teaching, and healing with wild plants. She's the author of **Think Like an Herbalist**, a practical framework that helps people understand herbs without confusion or fluff. Through her no-BS, hands-on teaching style, Amelia empowers people to trust their bodies, work with real food, and reconnect with the medicine growing all around them. Visit Amelia The No BS Herbalist booth #415.*

Reframing Life's Challenges From A Place Of Strength

SEMINAR | *Paul Moda*



In the noise of daily life and competing expectations, many of us have come to interpret challenge, conflict, or disruption as a sign that something is wrong with us. This CliftonStrengths and HeartMath experience invites you to begin from a place of strength. A strengths-based approach shifts the emotional experience of our life challenges, expanding our capacity for possibility, agency, and forward movement. Through guided reflection and exercises, explore how this shift transforms our internal response and external action.

Paul E. Moda is the founder of Purpose Rising and a Gallup-certified CliftonStrengths coach with over 35 years of experience in higher education, leadership, and program development. Paul integrates strengths psychology and heart-centered development to help individuals gain clarity, confidence, and direction. A Reiki Master and experienced educator, he bridges evidence-based frameworks with holistic awareness to support meaningful growth. Visit Purpose Rising — Strengths-Based Coaching booth #40.

11:30-12:00pm



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description at 11:00am.

12:00-1:00pm

Palmistry As A Tool of Diagnosis

SALON A | *Linda Patterson*



Palms were once used by physicians to determine health. Learn how to decipher the information provided within the palms, such as hand shapes, fingers, spaces, and lines. Due to the palms' ability to change every 6 months, it is possible to track growth and changes over time. Learn how to identify strengths and weaknesses, and what blockages may be getting in the way of health, growth, and happiness.

Linda Patterson, M.A., director and owner of Herbs and Aromatics, has been a palmist for over 35 years. Her passion for reading, and desire to experience a vast variety of palms have taken her to the Pentagon, Woodstock, and into the lives of rock stars. Her combination of linear and intuitive teaching styles provides an education for all types of learners, allowing anyone to become an excellent palmist. Visit The Boston School of Herbal Studies booth #1218.




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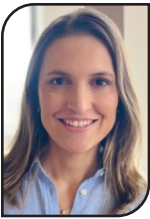



SUNDAY EVENTS continued

12:00-1:00pm (continued)

How To Be In Bliss: 4 Steps To Awaken Inner Stillness And Live From Within

SALON C | Helena Toro Walker



In today's demanding world, many people are searching for a deeper sense of peace, clarity, and fulfillment. Drawing on timeless meditation principles and a modern, relatable approach, this session explores four simple yet powerful steps to help individuals cultivate and sustain inner bliss in everyday life. Whether new to meditation or looking to deepen an existing practice, attendees will leave with practical tools and fresh insights to begin experiencing more clarity, ease, and inner joy in their daily lives.

Helena Toro Walker is a meditation practitioner and speaker who shares practical tools to help individuals cultivate inner peace and self-awareness in everyday life.

With a background in engineering and sustainability, Helena brings a grounded, relatable perspective to spirituality. Guided by the teachings of Sant Rajinder Singh Ji Maharaj, she focuses on quieting the mind and cultivating inner stillness, sharing these practices and supporting others in exploring greater clarity, balance, and inner joy. Visit Science of Spirituality booth #36.

Sense Your Self: A Somatic Movement Experience

SALON E | Sara Vatore



This experiential workshop invites you out of your head and into your body through guided intuitive movement. It supports nervous system regulation and helps you access a deeper sense of self beneath habitual patterns. You'll explore sensation, follow your body's impulses, and create space to process, integrate, and recalibrate. Open to everybody (and suitable for every body), with options for floor or chair-based participation. No movement experience needed — there's no one way to move.

Sara Vatore, M.Ed., SEP, BCC, is a Somatic Experiencing Practitioner, Level 2 MELT Method Instructor, performance coach and intuitive healer. She supports busy humans in reconnecting with their body, energy, and innate intelligence to expand their capacity for ease, flow, and aligned expression in life and business. Her work weaves somatic awareness, intuitive movement, nervous system regulation, and energetic attunement to support healing, integration, and transformation. Visit Somasynthesis Studios With Sara Vatore booth #11.

Galactic Journeys

DUCHESS | Darlene Doughty



Have you had 5D experiences living in our 3D reality, but don't know how to talk about it or understand it? Perhaps you think you are the only one going through this journey or that no one understands what you are going through. Here's your opportunity to hear about the galactic journeys and visions of a seer since the age of 3, plus those of others as time allows. You are not alone on this journey.

Darlene Doughty works in many different fields, from creating handmade spiritual products to working from the core of Earth to galaxies beyond your wildest imagination and everything in between. Through her own life experiences she has been able

to connect with many different world beings, experience spaceship travel, and birth galactic life. Visit The Multifaceted Shaman booth #34.

12:00-12:30pm



Meditation Oasis

CORPORATE ROOM | Brahma Kumaris

30-minute guided meditation experience. See full description at 11:00am.

LUNCH 12:30-2:00

Enjoy healthy food vendors and trucks down at the exhibit hall

2:00-3:00pm

Messages From The Pleiadians: A Live Channeled Experience

SALON B | *Ava Orah*



Get ready to experience the loving, light-hearted, and uplifting energy of the Pleiadians, a benevolent (and humorous) group of extraterrestrials here to help humanity ascend. Through trance channeling and taking unprompted questions from the audience, Ava will bring in DiYeena of the Pleiadian family, a warmhearted, joke-cracking galactic grandmother like no other. This unique experience will raise your frequency, elevate your consciousness, and take your spiritual journey to new heights.

Ava Orah is an internationally recognized intuitive guide, trance channel, and spiritual mentor who helps people raise their frequency and live from the vibration of love. With a Master's in Pastoral Counseling and over 20 years of experience as a meditation teacher, oracle, and spiritual mentor, Ava bridges ancient wisdom with modern consciousness to help others awaken their inner guidance and embody love in everyday life. Her work as The Love Frequency Oracle shares high-frequency teachings and energy transmissions that support conscious awakening worldwide. Visit Ava Orah Channeling DiYeena booth #1408.

Discover The Deeper Story Your Eyes Reveal

PRINCESS | *Sunshine Beeson*



Iridology is an assessment tool analyzing the iris of the eye for physical and emotional health. Each eye holds unique information relating to the organs on each side of the body and one's ancestry. By studying the patterns, colors and fibers of the iris, one can uncover inherited traits and tendencies, stress patterns and imbalances that may be affecting physical and emotional health. View a slide show of live irises to see how through the compassionate lens of iridology, root causes of pain may be overcome.

Sunshine Beeson has been in private practice as a holistic practitioner in Massachusetts since 1982. She has certifications in iridology, Ayurvedic medicine, herbology, Chinese herbal medicine, flower essence therapy, somatic therapy, emotional release hypnotherapy, and couples coaching. She also facilitates couples intimacy retreats, transformational retreats and sacred sexuality healing retreats for women. Visit InSpiral Iridology booth #809.

2:00-2:30pm



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description at 11:00am.

2:00-3:30pm

Healing With Frequency

SEMINAR - 90 MINUTES | *Aaron Singleton and Claudia Sanchez*



There is a rich history of healing with frequencies using crystals, color, sound, radio, and more. Aaron will share his knowledge of using frequency telepathically and energetically to heal allergies, anxiety, cancer, migraines and much more, while demonstrating these healing frequencies on volunteers. Claudia will share her unique ability to communicate with the consciousness of a person's organs, glands, and illness, as well as trees, elements, and sacred sites globally. For this insightful journey into quantum consciousness, bring

an open mind and be prepared to change your way of thinking about everything.

Aaron Singleton is a gifted medical intuitive healer, visionary, educator, and pioneer in the science of energy-based healing with numbers, shapes, and intention. Since 1993, he has facilitated thousands of healing sessions on people, both in-person and remotely. Claudia Sanchez is an intuitive healer, animal communicator, and Energy of Life healing practitioner. She has a unique ability to communicate with a person's body, organs, glands and the consciousness of a person's illness. Visit The Way To Balance booths #505 & 507.

2:30-3:00pm



Meditation Oasis

CORPORATE ROOM | *Brahma Kumaris*

30-minute guided meditation experience. See full description at 11:00am.

SAVE THE DATE! 20th Annual NATURAL LIVING EXPO
November 13-14, 2027

SUNDAY EVENTS continued

2:30-3:30pm (continued)

Spiritual And Broke: Aligning Purpose With Prosperity

SALON A | Mariya Shiyko



Many spiritual, heart-centered people are deeply gifted, yet struggle with people-pleasing, self-neglect, and lack of financial abundance. This is not accidental. Our nervous system often learns to find safety externally, shaping how we show up in relationships, work, and money. Explore how to shift from external validation to internal safety, so you can begin standing in your power. Learn practical ways to regulate your nervous system and move toward a more sustainable and abundant way of living, while continuing to serve and contribute from the heart.

Mariya Shiyko is a spiritual life and business mentor who helps people reconnect with their inner wisdom and build lives that feel purposeful and abundant. Mariya is a bestselling author, award-winning educator, and the author of 50+ scientific publications. She supports highly sensitive people and intuitive leaders in regulating their nervous system, trusting their inner guidance, and creating aligned, sustainable success. Visit Joyful & Creative Living booth #20.

You're Listening To The Wrong Voice

SALON C | Carolyn Phinney



Most people assume the voice in their head is accurate or helpful, yet it often reinforces patterns that keep them repeating what isn't working. Learn how that voice is formed, why it feels so convincing, and how it continues to shape your behaviors. Discover how to recognize when that voice is misaligned with what you actually want, and how to begin changing the underlying blueprint driving it.

Carolyn Phinney is an Identity Architecture coach, intuitive guide, master firewalk instructor, and author of Give a Shift: The No-BS Self-Coaching Guide to Creating Lasting Change. She helps people identify and change the underlying blueprint shaping how they think, act, and live. She is the creator of The SHIFT Process™, a structured approach that goes beyond traditional mindset and shadow work by focusing on awareness, ownership, and deliberate change at the identity level. Visit Powerful You booth #24.

Meditative Gong Bath

SALON E | Linda Goodman



Let the penetrating vibrations of the gongs shepherd you into a deep meditative experience where blockages can be cleared, creativity can be sparked, and healing can occur. Treat yourself to a relaxing vibrational reset.

Rev. Linda Goodman is a Minister Emerita of the Tree of Life Interfaith Temple. She has been a practitioner of sound and vibrational healing for nearly 40 years, using tuning forks, crystal bowls, singing bowls, chimes, and gongs. Most recently, she has received gong mastery training with Dr. Romy Valdez, Yogi Mehtab, and Gong Grandmaster Don Conreaux. Visit Tree of Life Interfaith Temple booth #1307.

Step Deeper Into Your Soul's Purpose

DUCHESS | Diana Phillips



Join an experiential session and channeled group healing designed to help participants connect more deeply to their soul's purpose. Simply relax and receive. This energetic transmission supports a deeper connection to your higher self and the unique path you came here to walk.

Diana Phillips is a healer, teacher, farmer, and founder of Soul 13®, a transformational body of work revealed through a spontaneous healing and an ongoing relationship with Costa Rica's Arenal Volcano. Her work challenges traditional healing by offering fast, direct access to deep transformation without reprocessing the past. Through private sessions, workshops, and retreats, she helps people release what isn't theirs and step into clarity, power, and alignment. Visit Soul 13 booth #1008.

3:00-3:30pm



Guided Meditation

CORPORATE ROOM | Brahma Kumaris

30-minute guided meditation experience. See full description at 11:00am.

4:30pm

Exhibit Hall Closes

Save the date for the 20th Annual Natural Living Expo, November 13-14, 2027 in Marlboro, MA!



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At the heart of every condition lies a vibrational pattern.

This is developed by well-rehearsed beliefs you hold about your health. A belief is simply a thought you keep practicing — whether consciously or unconsciously — which expands your vibration on whatever you focus on. So, your focus on dis-ease attracts more of that vibration into your life. Your attention to wellness does the same.



We all have the ability to heal under any conditions.

Our life force pulses only perfect wellness, giving us access to unlimited healing potential at all times. However our deeply ingrained fears of illness and the discomfort of dis-ease symptoms do not always allow us to focus on this wellness so readily. Our minds are easily distracted. But don't let that stop you from accessing your natural state of wellness.



Commit to your positive health future and affirm the healing marvel you are.

Notice every detail of your miraculous functioning: food digesting, waste eliminated, cuts healing, breath circulating. Consider all the internal healing you have no awareness of — inflammation, infection, organ repair — that's all you, healing yourself 24/7, always finding a way to keep going — until the moment you die, and then it doesn't matter anymore.



Focus on wellness and invite more of it into your life.

When you consciously fine tune your vibration towards your well-being, the universal law of attraction must respond with more healing experiences. So, even when you are feeling ill or in pain, you benefit most by keeping your focus on how your body is healing. In this way, illness actually serves as a mechanism to create more well-being in your life. By paying strong attention to your good health, you will experience more of it!

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