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*“You aren’t  
stuck as the  
person you were  
as a child, or at the  
turn of adulthood. You’re not*

*a finished product. You’re living your life in just one of an infinite number of ways, as a single shade of the person called You. The most fascinating work of a lifetime is charting the course of your own evolution.” – Lucy Fuggle*

I did not consciously set out to be what I am still becoming: a therapist, coach, past life regressionist and hopelessly faithful to the notion that despite how we limit ourselves, we are living in an infinite universe of possibility and potential. *Something* moved me and intrigued me, nourished and motivated me. Dare I say *loved* me into the work I am doing.

The journey has not been easy. 7 decades of being nurtured and abandoned, invited and rejected, confident and lost. 7 decades of hope and despair, relief and struggle, peace and upheaval.

In other words, 7 decades of being human.

“The Earth School is the most difficult in the universe—only the bravest souls sign on for this assignment.” These are the words from one of my most influential teachers, Dolores Cannon. Her teachings and books have resonated with thousands who know there is more to life than what we have been conditioned to believe and experience. Thousands who are looking for answers about who they are, why they are here, and how to create lives of health, abundance, and joy.

I was one of them. And you may be, too.

The blending of my particular brand of coaching and support has its roots in traditional psychology and metaphysical principles. I understand from experience and training the difficulties of learning how to be in a physical world that is fraught with loss and traumatic experience and betrayals.

## The Infinite You

I also believe with every fiber of my being that our journey here is as a spiritual being having a human experience. That there are miracles and opportunities and a way to dance with the cosmic energies to create, intentionally, lives of purpose, joy, and happiness. In spite of and in contrast to the accepted notions that struggle is inevitable.

As I write this article in 2024, after 25 years of private practice, I acknowledge that humanity is at a pivotal point in its evolution. We are waking up to a new potential, one that would have us take more responsibility for our thoughts and emotions. One that acknowledges the interconnectedness of all life and consciousness, freeing us to create from the inside out, living into lives we love.

Believing in a new paradigm of freedom at a time when the world feels chaotic may seem surprising and even irresponsible. But it is exactly because the old paradigms of fear and greed and control at the expense of our planet and fellow human beings are no longer working that we are able to consider a new way of being.

For me, the way forward is also about remembering. Remembering we are more than our bodies, minds, and emotions. Remembering that we are created from stardust, all of us, and that we are eternal and infinite entities, perhaps choosing our lives here specifically to raise the consciousness and awareness of humanity through our own experience of trust and creativity.

There are some basic spiritual truths that create the foundation of the work I offer.

### **First, we live in and are part of an infinite universe composed entirely of energy.**

To be fair, our limited brain can hardly wrap its head around the concept of the infinite, much less live from that place. We can barely check things off our very limited to-do list! Infinite possibility exists because energy is infinite, always expanding through our experience and direction. Our energy influences universal energy through thought, emotion and our powerful imaginations. Creating unlimited, no-holds-barred, anything-is-possible lives is our birthright and our potential.

### **Second, any belief that we are finite, separate, or limited is based on perception, not reality.**

We are all one, as much as we want to separate ourselves from the distasteful and difficult. We are nothing like that mean neighbor down the street or the terrorists that threaten our way of life. Right? And yet, here we all are, on the planet, each with the gift of awareness and consciousness, made up of the same energy that created us all. Look within to find where your vibrations are a mirror or reflection of the world around you. We are not separate from our world. *We are* our world.

### **Third, we are the sole authors of our reality.**

Everything we experience in our lives is the result of the thoughts, beliefs, and emotions we hold, most of which are unconscious and deeply rooted in our earliest experience here. Some may even be the result of generational pain or past life experience. Accepting full responsibility for our life circumstances holds the potential of creating what we *DO* want to experience. You can feel guilt, shame, or despair at having created something you didn’t want, or you can truly embrace that yes, you did create your circumstances and get busy creating something better. Did we innocently buy into the notion that we are undeserving, not good, smart, or worthy enough? Let’s get to that deep root and release it. You have the power to change your life. *Always.*



My coaching is unique, as are you. Everything in your life has brought you to this moment, as you read through this article and consider the truths that have helped me liberate so many from lives of struggle and grief. Let me share a bit more about how I got here and what I can offer you.

When I was young, I would stare into the night sky and feel a deep yearning for something I could not name, a time and a place where I was unconditionally loved and valued, a place I could truly call home. I felt out of place and rhythm in my earthly home, not understanding the rules and limitations that felt discordant with creativity, expression, and freedom.

However, as a rule, no one in my world paid attention to these things. I was their "free spirit". So, I turned to my imagination and books to help me connect to my deeper knowings and insights. I started with the Seth books, Ruth Montgomery, Edgar Cayce, and more. Today, the concepts and truths from these early wisdom teachings have moved into the mainstream where they belong, but they were my foundation years and years ago.

A seemingly random event changed the course of my life in 1990. A friend of mine experienced a terrifying domestic assault, launching me into 25 years of service with the local domestic violence shelter,

A Woman's Place. The seeds were thus sown for the work I was born to do. I went back to school and got my masters in counseling with a focus on trauma. I became a grief and forgiveness coach. I studied how the mind works and became an NLP master practitioner and a certified hypnoterapist. I incorporated EMDR (Eye Movement Desensitization and Reprocessing) and EFT (Emotional Freedom Technique) into my work. I certified with Heart IQ in relationship coaching. I left the medical model of therapy in favor of focusing on the power of the subconscious in healing and transformation.



**Infinite Love**

I began to fully explore the effects of trauma and loss on our ability to live full and creative lives. Our memory of those moments in which we lost our sense of safety, our sense of connection, worth, and goodness, follow us through lifetimes. We learn to fear speaking our truth or trusting in our hearts.

Life moved me again in the early 2000s as I searched for healing from a difficult divorce. I experienced my first past life regression session and fell in love with the process of letting the imagination

create a story that had the power to heal physical and emotional imbalances. I integrated the power of the subconscious into my practice. I experienced miraculous healings in my own life and in the lives of my clients. I continue to offer this modality as an adjunct to the coaching programs and sessions I facilitate.

If you are interested in exploring how I might support you, either individually or as a couple, we can begin with a conversation. I will illuminate what you cannot see. I will say things to you that no one else would dare say. I will listen to what you are asking for and hear what your heart is longing for. I will recognize your unlimited potential and challenge you into dreaming bigger. I will invite you into a coaching relationship that has the potential to create change at a deep level. It is not uncommon for us to work together for many months or even years, although it is possible to create an agreement that allows for a less-intensive experience.

In the meantime, use your imagination, your most powerful tool, to create new experiences and deep healing of any and all physical and emotional imbalances. Focus on what you want and deserve. Let your intuition guide you. Dance with Source, step out of the way, and let life usher you into fullness. Create the compassionate relationship with Self that will bring you the joy and abundance that is your Divine right.

Blessings!

*"Life happens FOR and THROUGH us, not TO us. It is this distinction that separates us from the disillusioned and discouraged. We are part of the flow, part of creation, part of life. We cannot separate ourselves through limited beliefs and conditioning, no matter how prevalent they are or have been. Ultimately, we are children of God, of the Universe, and we are reflective of all that surrounds us. There IS no separation between us and all that exists. Open our hearts, minds, and live in inquiry; ask questions that have no answers, challenge our beliefs, and let go of certainty, relishing the unknown. This is our path. This is joy."*



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