

**A warm welcome to you. And thank you for visiting my website. Here is a little bit about my personal journey.**

**My career began in healthcare. Over twenty years in the field of Respiratory Care has brought me experience in patient care, management, education, research and international consulting. My focus has been primarily in acute and critical care hospitals. Health and helping others has always been a passion. But there has always been a strong drive within my soul to find better ways to achieve health and healing. All of my life experiences have served me well and have lead me to study alternative healing.**

**My personal story in healing began many years ago. I suffered migraine headaches that were non-responsive to medications. They got so bad that my HMO referred me to a physician who specialized in acupuncture and biofeedback. I was amazed with the results. After just a few sessions I was able to control the headaches by a brief meditation. As a researcher and medical professional I could not understand how this could be. The physician that taught me these techniques suggested that I had talent in this area. I began to read about the power of intent, meditation and quantum mechanics.**

**I stayed fairly balanced until my workaholic nature emerged. Traveling over 14 time zones and not taking time for myself, I soon became out of balance. At one point, I was told to “get my life together” because I had cancer. Shortly after that I was donning a heart monitor for arrhythmias. So, I got the message loud and clear. I had to seriously take care of myself.**

**My efforts to bring balance to my life began a strong focus on alternative healing. I realized it was the healing work that really made my heart sing. I truly enjoy working with others and have seen absolute miracles happen for others and myself.**

**After intense study and a major life change, the cancer was gone by either a misdiagnosis or I healed it through intent – I will never know. My heart was completely healed by Dr. Alberto Villaldo, the founder of the Four Winds Society. In 2003, I was able to climb Mt. Ausangate, a 17,000 ft Holy Mountain in Peru. This amazing trip allowed me to study and experience the healing traditions with the last of the Inca Shaman elders.**

**Now it is time to share and teach others what I have learned. I believe that each one of us is empowered to heal ourselves, even though we may need a little help now and then. My hope is to use all of my experiences, knowledge and gifts to reach out to those whom I can serve and influence in a positive way. I look forward to each day as a new beginning.**

## **Healing Education**

**I feel blessed that I have been brought together with such magnificent teachers; in the people that I meet every day, my family and friends, my spirit guides and of course those that taught me academically. Some of the formal education that serves as a foundation for my healing includes the following;**

### **Healing the Light Body School - Shamanic Training - Graduate**

The Four Winds Society

Park City, UT

### **QiGong Level - IV**

Master Chuni Lin

Coon Rapids, MN

### **Reiki I, II and Master**

Vicky Schmidt

West St. Paul, MN

### **Advanced Theta Healing**

Vianna Stibal

Idaho Falls, ID

### **Spotted Eagle, White Buffalo and Grandfather White Elk Teachings**

Jennie Marlow

Boonville, CA

### **Energy Interference Patterning and DNA Activation**

Possibilities DNA, Inc.

Sagle, ID

### **Akashic Records Reading**

Dona Fox

Cleveland, OH