


Peace in Ukraine and Russia

Perhaps you woke up this morning and felt as I did  as the news of war exploded on your newsfeed.

Please know that I send you 


In response to world events, I have been hosting powerful collective healings, **and you can, too!**


These gatherings have been beautiful and uplifting 


Yet so many people reached out to let me know that they could only attend in spirit, as the timing wasn't right for them.

So I am making it easy, absolutely simple, for you to gather friends and host your own!

There are two easy options for you:

 In the gatherings I host, I lead a guided meditation. The exact transcript is attached. All you need to do is read it through. You can follow it as written, or use it as inspiration.

 I have also recorded the transcript as a guided meditation, and the download is attached; so all you need to do is simply push "play".

Gather your friends together and create collective magic  as you gather in peace, for peace in Ukraine and Russia.

My heartfelt thanks to:

♥ Fellow hypnotist Lori Hammond, who guided me through a meditation that I modeled part of this on.

♥ Lynne McTaggart, whose research underscores the power of collective intention (see her book, "The Power of 8")

♥ Jonathan Goldman whose music, Reiki Chants, is the soundtrack Lynne McTaggart uses in her intention projects, so I added it to the recorded meditation (it's beautiful and easily available via Amazon and elsewhere).

♥ YOU. For stepping up to gather together in peace, for peace, in Ukraine and Russia.

Please be in touch with any questions, as I am happy to assist you in creating these powerful group experiences.

Together, we can make a difference 🇺🇦 ✨ 🇷🇺