

# *Cleanse & Protect*

Eliminate Negative Energy!

Enjoy Better Health Through Better Energy Flow!

# WHY IS CLEANSING NEGATIVE ENERGY SO IMPORTANT?

– My Story

Whilst going through a separation with two young children, I was experiencing a great deal of stress and at the same time trying to keep up a brave front for my sons. It wasn't easy. The process of separation, plus the fear, uncertainty, and arguments in the home were creating a lot of heavy and dense negative energy that was palatable and it was manifesting as stress and anxiety in my personal experience.

I was resistant to taking medication of any kind to help me deal with the stress and anxiety, so on the recommendation of two dear friends I went to see a Reiki Master to learn about energy healing. I was so taken with the energetic experience that I decided to become a Reiki Master myself. This was a pivotal shift in my life that has taken me on an amazing spiritual adventure, one that still continues to this day...

During this time, I believe I had an awakening of sorts. Hard to put into words exactly what that is, except that I became very sensitive to all kinds of energy around me, from beautiful, blissful, creamy, rich, delightful energy to dense and heavy emotionally charged negative energy. I had many a sleepless night wondering what was going on and what to do.

I had genuine concerns about my sanity because I did start to hear voices, and I was starting to talk to the birds and the trees! On the one hand it was incredibly remarkable and very exciting and on the other pretty scary. One particular incident comes to mind - I had gone to the flea market in Vancouver which was full of old and dirty energy, it was so overwhelming that I could feel energy begin to crawl under my skin, feeling shaken and scared, I decided to leave and went home.

Once I got home, I could still feel this energy literally crawling inside my body and the fear was building. So I sat down and tried to remain calm and try figure out what I could do before it was time to go pick my sons up from school, and all of a sudden I started to see the image of a six pointed star. It was an image that had been popping up in my head previously but I had not paid it much attention, but right then it seemed very clear what I had to do.

Using my finger, I drew the 6 pointed star symbol on the floor and sat right in the middle of it. I had no idea where this knowledge came from but I was pretty grateful because in no time at all, I could feel the energy in my body lessen and eventually came to a complete calm. Later in my journey I would learn that this symbol has been known for its power of protection in many different cultures.



I also became very psychic at this time, which has had its own ramifications in my life but that's another story. Realizing I was out of my depth on what was happening I decided to do something about it...

I went on a search to get an understanding on what I was experiencing and finally found the teachers I was looking for, teachers who could not only put into perspective and validate my experiences but also educate me on how to manage them. I had a great deal to learn.

Apart from topics of prayer, meditation, body-mind therapy, chakra therapy, dream therapy, past-life therapy, psychic abilities, chi-kung, Shamanism, and energy management etc. The Shamanic teachings helped me tremendously in learning the basic fundamentals on Cleansing negative energy and Protecting oneself from negative energy!

This concept really opened my eyes and I felt so relieved to have gained in-depth knowledge on what was going on in my life, and the realization that I could do something about it brought a lot of comfort!



## Learning to Transform Negative Energy through Cleansing & Protection:

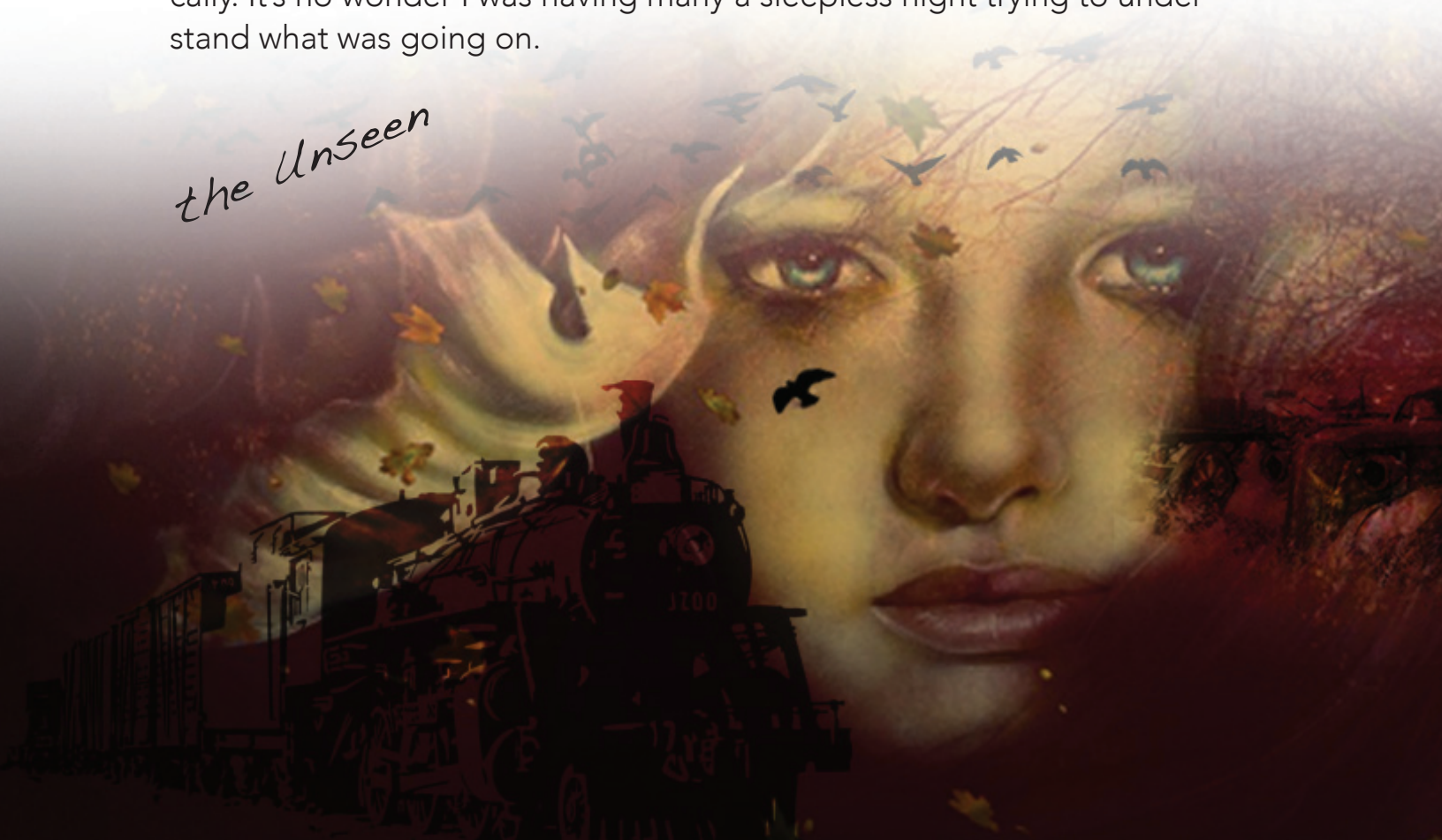
What I learned was that we accumulate dense, negative energy daily from places such as public transport, restaurants, bars, cinemas, fitness clubs, yoga studios, schools, and hospitals, to name just a few.

We also accumulate heavy energy from negative thoughts, negative interactions, and situations such as divorce, financial strain, peer pressure, bullying and difficult personal relationships...

And because it has been my life experience, I will mention unseen entities which surround us and who resonate with our life circumstances! (Ever felt a strong emotion, but cannot fathom why it feels so intense? It could be that the unseen entity has something to do with it.) It reminds me of the old adage about misery loves company! The unseen entities and energies can affect us adversely and they are as real to me as our physical reality.

Anyway, so the walls, ceilings, objects, furniture, and carpets etc. all absorb everything that is happening in its surroundings. The accumulation of these negative energies can affect people mentally, emotionally and even physically. It's no wonder I was having many a sleepless night trying to understand what was going on.

*the Unseen*

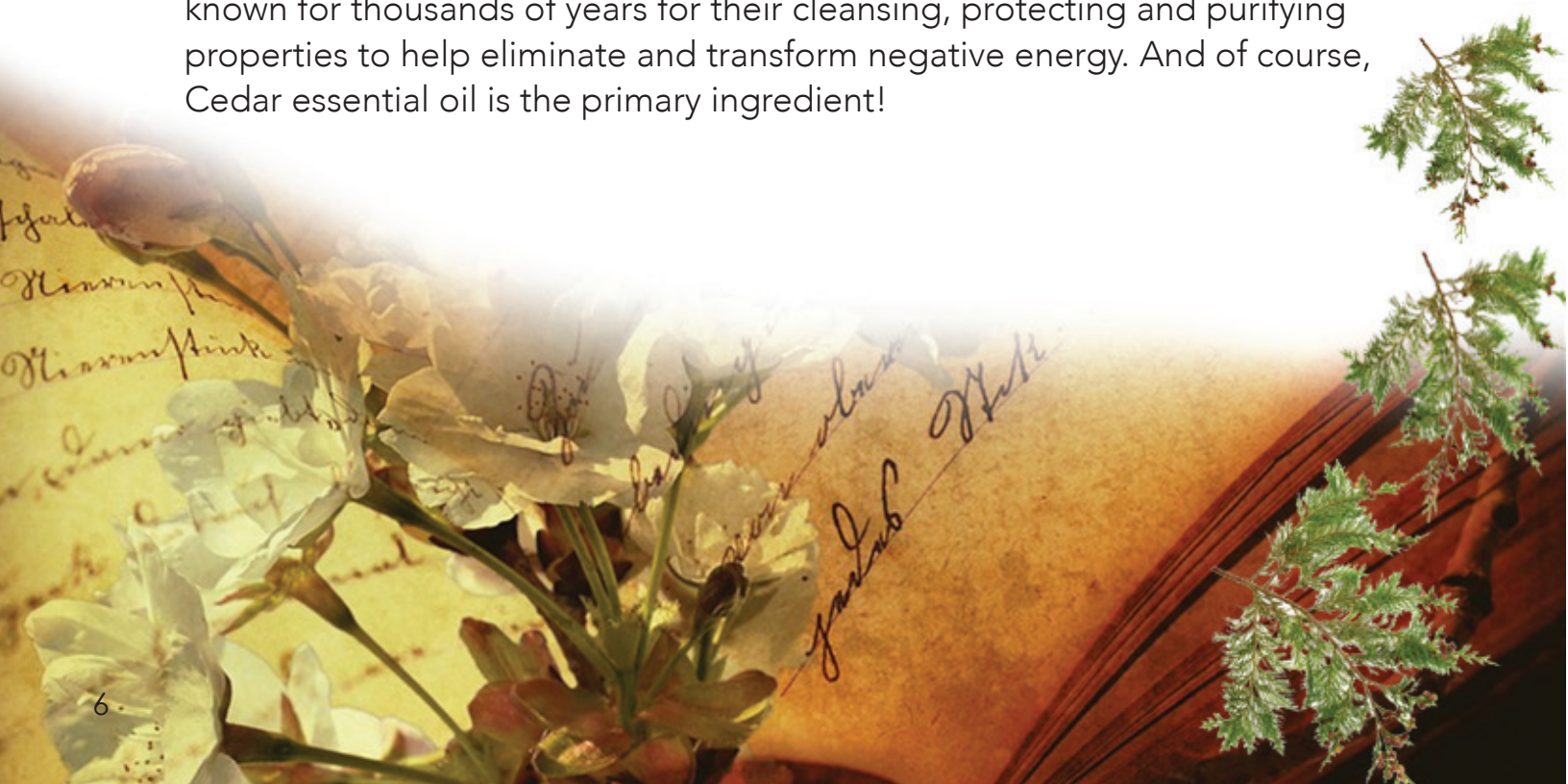


Having gained all this wonderful knowledge, I started to apply the different techniques I had learned in my home and I felt a tremendous energetic shift, not only in my space, but also within myself. My clients would also comment on how lovely the energy was in my workspace!

Life continues to happen and almost a decade later I was going through another major shift in my life. Feeling uncertain and unclear of the unknown on what to do next, I took advantage of this time in my life to do a lot of prayer and meditation and put some of the Shamanic teachings into practice!

One day I found myself walking through the forest in North Vancouver, and I felt a strong pull toward a very young cedar tree, I believe we were having a conversation at the unconscious level because an idea started to formulate in my head that I should make my own cleansing and protection tools instead of buying my supplies in stores. The longer I stayed the more information I started to receive! This wonderful connection with the Cedar tree was the catalyst for the next leg of my journey!

I took out all my old notes on Cleansing and Protection and started to put into practice all the teachings I had received in the past 10 years or more, including Shamanism, Kabbalah, Dzogchen and Tantra and created my first cleansing spray which is a combination of a unique blend of essential oils known for thousands of years for their cleansing, protecting and purifying properties to help eliminate and transform negative energy. And of course, Cedar essential oil is the primary ingredient!



Having also learned much about the power of intention, I charged the blend with healing rituals and mantras and finally, infused it with a heartfelt intention to cleanse, purify and transform any negative energy that does not serve the highest good for the intended person using the sprays.

I have learned many different techniques which can clear, absorb, transform and protect against negative energy including Water cleansing and purification; Plant cleansing; Smoke cleansing with Sage, Cedar, Palo Santo and Copal; Fire cleansing; Metal cleansing; Sound and of all things Egg Cleansing (which is one of my personal favorites) some of which I am excited to share in this e-book.

My WisdomTrees Sprays are water and plant-based. I carefully selected those essential oils that I have an affinity for and which were the most powerful to eliminate, purify, cleanse and protect from negative energy in my personal experience.

Initially, I created the sprays for my own personal use, and then friends started asking for some to try out, and then one day I had a vision of making them available to everyone who was experiencing stress, anxiety or any kind of negativity and decided to put them into a retail store to see what could happen. I will always be very grateful to Kelly Oswald, owner of The Oracle for her encouragement and being the first to carry in her stores!



I cannot emphasize enough how important cleansing and protecting our space from negative energy is - personally, I use the cleansing spray in my home pretty much every day.

As a body-mind practitioner who sees clients dealing with many different types of stress and anxiety related problems, I always cleanse my work-space before and after each session, and I also protect myself from the heavy negative energy people sometimes bring with them.

When traveling, I certainly wouldn't sleep in a hotel room without cleansing it first, who knows what the previous guests were going through!

Not long ago my youngest son got into an car accident and he was really shaken up and fearful that I would get angry with him even though it was not his fault. I could feel the negative energy created from the impact of the cars colliding as well as his own fear and anxiety about the accident still lingering, so yep you guessed it; I gave my son a thorough cleansing and then my car too!

More recently my eldest son was having some issues with the "unseen" energies in his studio where he lives. He felt there was some kind of a presence in his space which both he and his dog were feeling. Although not threatening, it still felt unsettling. So I went with several of my friends and we did a thorough cleansing of the whole studio using, smoke, prayer, cedar and my WisdomTrees sprays and to date, he feels that the energies have not returned.

For me, there is a palatable difference before and after cleansing and protection rituals. Whatever your life circumstances may be, I strongly recommend you learn to sense and become more aware of the energy you are surrounded by, how it might be impacting your health and wellbeing, and more importantly, learn ways in which you can transform any negative energy that may be present and which is affecting you in a unhealthy way!

Ultimately, it just makes sense to create a beautiful flow wherever we are!



*Feel Good and enjoy a  
Beautiful Flow!*



## PLANT CLEANSING

The principle of plants and flowers, they cleanse through the use of odors, smells and fragrances which have the property to transcend the physical world and penetrate subtle realms attracting the subtle vibrations back to the physical world.

Flowers also represent popular magic, for example, a man sends a rose, he puts his intent and love into the a rose, the girl receives it, she smells it and drinks in his intent through the smell.

Incense spreads on an even more subtle level because it is the flower essence smelled through the smoke.

Plants have a certain degree of healing and cleansing power but this is amplified by adding your personal intent.

Plants work with or without faith, just on their own merit, but again when combined with energy and intent, they become even more powerful.

Different types of smells have different purposes. The healing practitioner personalizes his/her list of favorite plants according to his/her personal energy and likes.



Some sample healing plants include aloe vera, cactus, chamomile and gordolobo. Cactus are strong plants because they are survivor plants, if they have flowers they are even better.

When working with psychotropic plants, mushrooms, and peyote etc. it is strongly suggested you get professional help and understanding before using them in any capacity.

- You can purify a house by placing a strong plant in it and transforming the energy of the house.
- You can even use different plant combinations for cleansing your aura when taking a bath.
- Be creative, as there are no real rules except that you have a connection and affinity with the plants, have an understanding on the properties of the plants and how to use them safely. Prayer and intention add to the Power and always, always, check for allergies before use!



## PLANT LIST

Plants have different energy strengths. There are healing plants, psychotropic and poisonous plants which are the strongest. Plants that are stronger than other plants are those that heal several ailments.

### PUNGENT PLANTS INCLUDE:

mint, ajenjo, sage, eucalyptus, alcanfor, ruda, and rosemary

*Pungent or penetrating odors, are for rejecting or removing something. They take away the bad vibes and cleanse the aura.*

### BITTER PLANTS INCLUDE:

ruda, basil, cilantro, parsley, onion, garlic, sage, rosemary.

*Bitter smells are for healing illnesses, the bitter taste that we least of all ingest and which are excellent for restoring health. Use healing plants to take out illnesses; this also puts the healing essence into the body.*

### SWEET PLANTS INCLUDE:

sandalwood, night blooming jasmine, rose, jasmine, gardenia, anisette, spikenard, basil, trees: pine, cedar, pirul (pepper tree).

*Sweet smells attract good things, luck, love, positive energy, they are for gentle uses and to bring blessings to the person.*



## PLANT CLEANSING TECHNIQUE - Mexican Tradition...

Use a combination of all 3 types of plants from the plant list - as the healing practitioner, choose those plants and herbs that you have an affinity with:

1. Always ask permission from the plant, herbs or flowers before cutting or using them.
2. Take your plants and make connection with them, use your intent and prayer, and then program them as to their use. (Plants are not programmed so this directs the plants energy so it will function with your intent and your energy, which adds to the power of the plant).
3. Starting at the top of the head and working downwards, sweep the aura with the plant bundle by lightly touching the body. (Using your intuition, concentrate on all the areas that seem more charged, feel the areas and see if you receive any information from the areas. You can even bash an area lightly if it feels more blocked.)
4. When complete, place the bundle of plants on the floor and have the person jump on the bundle a few times and say "I dominate" (this is their decree to take power over the negativity that has just been removed from them).
5. Do not let the client touch the bundle of plants on the floor, you as the healing practitioner should remove the plants, thank them for their work and dispose of them in a respectful manner.



## PLANT CLEANSING - Tips and Tricks

Run out of your purify spray? Can't find that sage stick but your space really needs a good cleansing? Have garden? Love flower arranging?



If you have access to evergreen trees or plants and herbs in your garden, then get creative and make a bouquet to place in your home.

It not only looks beautiful, but it also removes negativity which creates a healthier energy flow in the home!

Remember always ask permission from plants if you can use them for their intended purpose and infuse the bouquet with your intention to purify and cleanse your space of all negative energy.

When the bouquet begins to dry out, discard the contents in recycling and remember to give thanks to the plants for the wonderful work they did!

And don't forget you can add flowers to infuse your place with love or joy or whatever you need in the here and now!

Note: The power of cleansing and protection is strengthened when the plants or flowers you use have a smell and have an affinity with you!



## INCENSE OR SMOKE CLEANSING

Incense or smoke cleansing are not only good for cleansing people but also good for cleansing large areas, apartments; houses, offices etc.

The fragrance of the incense functions as in plant cleansing. They cross over to subtle worlds. It is in the combination of flower essence and smoke. You can charge the incense with your intent for extra strength.

**SAGE** - The use of sage is for healing. The smoke is used to bless, cleanse and heal the person or object being smudged. Sage is used to 'wash off' the outside world when one enters ceremony or other sacred space.

**CEDAR** - Cedar is a medicine of protection. Cedar trees are very old, wise and powerful spirits. Cedar is often used to cleanse a home or apartment when first moving in, inviting unwanted spirits to leave and protecting a person, place or object from unwanted influences.

**COPAL** - This is tree sap similar to Frankincense. When burned it has a crisp, clean, sharp scent that is almost citrus-like. Copal is sacred to the native peoples of Mexico, as it is a gift 'pleasing to the gods.' Burning Copal is best done on Charcoal Tablets, you can also add other essences such as frankincense, dried rosemary, dried rose petals etc.

Different Indigenous people around the globe have different sacred rituals in the way in which they use these cleansing and protection plants, I would highly suggest honoring them to the best of your ability.

I have been taught in the Mexican tradition and that is what I share...



## SMOKE CLEANSING - HOUSE or SPACE

1. Scan the room and notice how the energy feels, you can use your hands or just sense the space to see if some areas feel more dense than others.
2. Make your personal connection to the spirit of the plant (in this instance copal) and humbly ask the spirit of copal to remove, transform, transmute all negative energy in this space. You can add anything else you may need ie. make it a "happy" place for my child!
3. Light a charcoal disc and place into samovar (or other heat proof container). Some charcoal discs tend to smoke a lot when first lit so its a good idea to light outside if possible.
4. Once the charcoal is burning red, place small pieces of copal resin onto the charcoal. It will immediately start to bubble and emit a strong aromatic smoke.
5. Starting anywhere in the room, rotate the samovar in a counter clockwise direction and work around the room in a counter clockwise direction -





continue to repeat your intention/prayer until you are finished, paying extra attention to the areas that felt more dense.

6. When complete, say a few words of thanks to the copal and leave the samovar in a safe place until such time the charcoal has completely cooled down.

Notice how your space feels now compared to when you started. It should feel lighter. Repeat as needed and enjoy a beautiful flow!



Samovar Incense Burner

Copal Incense



Copal incense sticks can also be used instead of the resin!

Charcoal Disc



Copal Resin



## SMOKE CLEANSING - PERSON

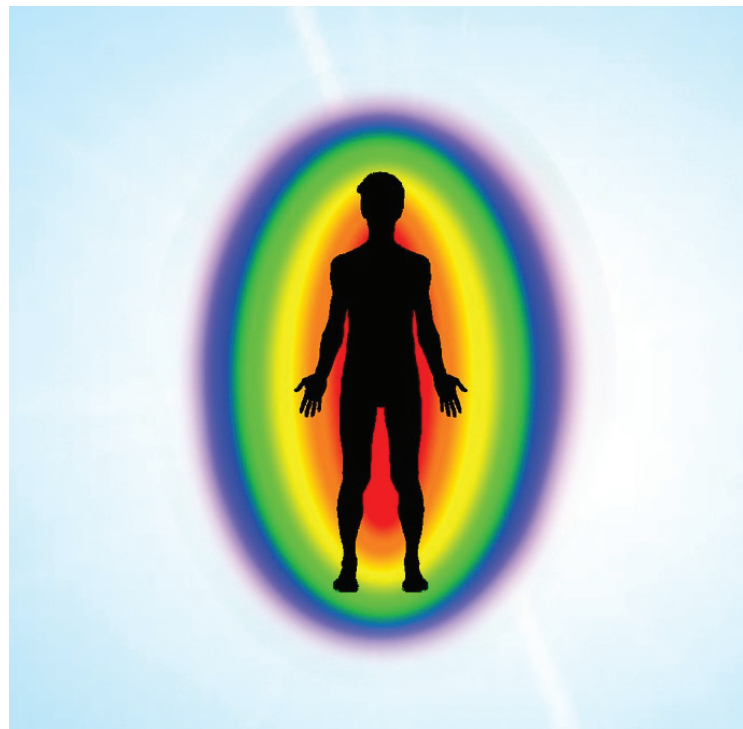


1. Start by scanning the person's body and "FEEL" if there are any areas that speak to you (might feel warmer; colder; lighter; heavier; prickly etc.) You can also ask how they are feeling.
2. Create a circle of protection around the area where you will be working - you can use your finger and visualize drawing a circle of protection or, visualize a big sphere of light surrounding you both.
3. Make your personal connection to the spirit of copal and humbly ask to remove, transform, transmute all negative energy that does not serve the highest good of this person. Add anything else you feel the person needs, you can also ask for help from angels etc. and say a prayer.
4. Light a charcoal disc and place into samovar (or other heat proof container). Some charcoal discs tend to smoke a lot when first lit so its a good idea to light outside if possible.
5. Once the charcoal is burning red, place small pieces of copal resin onto the charcoal. It will immediately start to bubble and emit a strong aromatic smoke. You can also add other resins such as frankincense depending on what the person needs are.

6. Start at the top of the head and work your way down, rotating the samovar in a counter clockwise direction as you go down and around the body.
7. Have the person open their arms out wide so that you can cleanse under the arms and when you get to the feet, have them raise one foot at a time to cleanse under the feet.
8. When complete, say a few words of thanks to the copal and leave the samovar in a safe place until such time the charcoal has cooled down.
9. Finish by doing another scan of the body to see how it feels now compared to how it was when you started and also check in with the person to see how they are feeling.

Smoke cleansing is a very powerful way to cleanse negativity in the auric field and generally leaves the person feeling much lighter.

This is a good time to add some kind of protection to seal in the good vibes! You can use protection oil, protection spray or even use your intent and visualize a protective symbol to surround the person.



## CLEANSING YOURSELF WITH THE WATER ELEMENT

Three Simple Rules To Remember:

1. Set your Intention to cleanse all the negative energy that is not serving your highest good!
2. Ask the element of water to help you do this – or say a prayer for this to happen!
3. Give gratitude to the water element for the cleansing and purification of negative energy!



Whenever possible, collect rain water on a night of the full moon. This makes for very powerful protection and healing! It can be added to bath water, room sprays or, even to water your indoor plants to infuse them with the power of protection the full moon energy offers!

## SMOKE FREE CLEANSING WITH SPRAYS...

1. Rule number one for all cleansing and protection is to always sense the energy in the space or on the person. This is so that you can “feel” the tangible difference before and after each cleanse. Your discernment and skills will develop so that you will know how frequently you need to cleanse and clear your space.
2. Now set your personal intention to cleanse, clear and purify your home, workspace or even your hotel room from all negative energy that does not serve you and your family’s highest good. (Use your own words and really be authoritative, and trust that it will happen).
3. As you speak your intention (out loud is always better), spray the room going in a counter-clockwise direction (this direction extracts negative energy).
4. Once you have completed spraying the space, sense the room again to see how it feels. Particularly, in the areas where the energy may have felt heavier and denser. Repeat if necessary until your space feels lighter!
5. You can also instill good vibes, into your space – again set your intention to bring “joy” or whatever you wish to bring into your home and spray going in a clockwise direction in the room (this direction infuses positive energy).

Smoke Free Purify and  
Cleanse Alternative!



## CLEANSING & PURIFYING WITH SALT WATER

### Remove Negativity From Objects, Gem Stones And Crystals

1. Feel and sense the object that you wish to cleanse and notice what your experience is.
2. In a bowl mix 1-2 tablespoons of rock, sea or table salt with enough tap water to submerge the object completely. If you happen to live by the ocean you can use sea water.
3. Make sure the object, gemstone or crystal you are about to cleanse will not erode when submerged completely in the water. (Porous gem stones such as selenite and calcite should not be cleansed in this way).
4. Ask the salt water to cleanse and purify all negative energy that has been absorbed by the object and leave to soak for a few hours - it can take up to 24 hours or more depending on the object and how dirty it is. Start to use your intuition to sense when the object feels clean!
5. Completely rinse the object under clear running water and discard the dirty water by flushing down the toilet with a few words of thanks.
6. Feel and sense the object again before wearing or using. There should be a palatable difference in the feel from when you started. If the object still feels dense, then repeat the process.
7. You can also program the item with what you are desiring before wearing or using it!



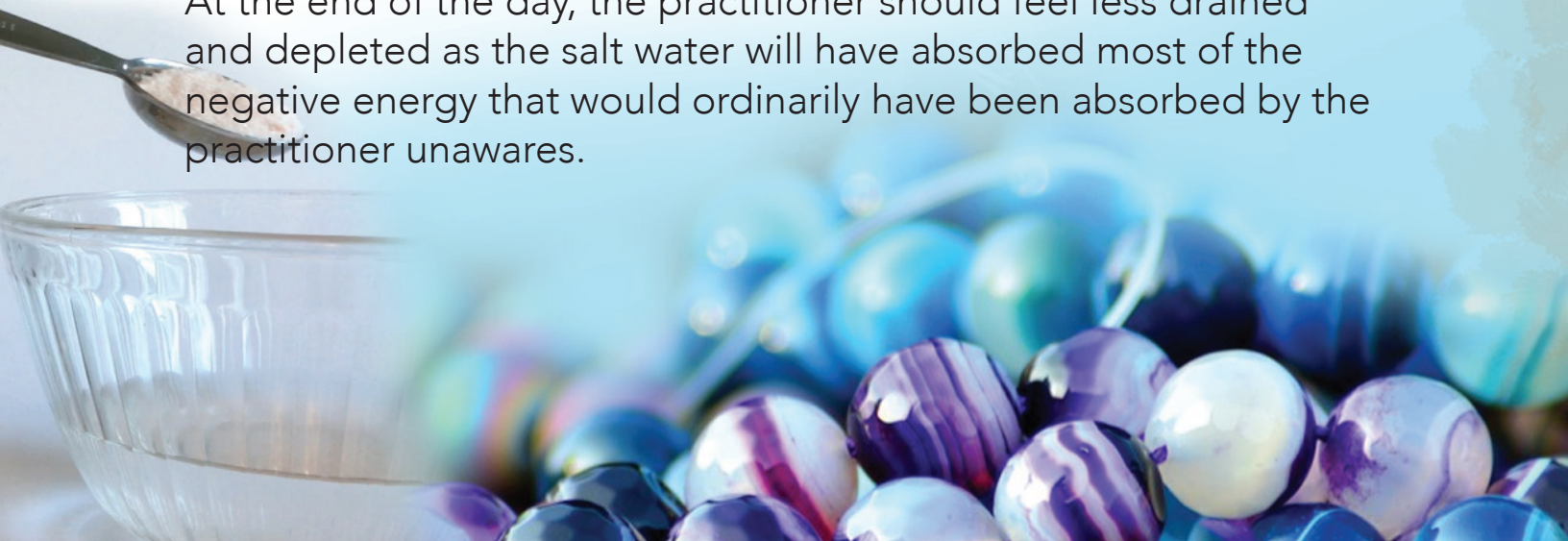
## CLEANSE NEGATIVE ENERGY - FOR BODY WORKERS!

When people de-stress or are not well they discharge a lot of dirty, negative energy when receiving any kind of treatment. I think it is vital that health care practitioners such as Massage Therapists have a simple daily practice in place to keep their client's dirty energy away from them so that they don't end up being depleted at the end of the day.

A simple way to do this is to use the Salt Water method described below. Salt is a great mineral to absorb negative energy and water is a natural purifier.

1. Fill a small bowl (to be used specifically for this purpose) with water and add 2 tablespoons of rock or sea salt.
2. Set intention (or say a prayer) to have all negative energy be absorbed by the saltwater from the room and the clients during their massage or other body treatments such as reflexology, chiropractic etc.
3. Place the bowl of salt water under the massage table or somewhere it will not be disturbed during the day.
4. At the end of the day remove the bowl, give thanks and gratitude to saltwater for the cleansing and purification and dispose of the dirty saltwater into the toilet and flush away. (On observation, the water may appear murky or feels heavier - this is quite normal.)
5. Wash the bowl with soap and clean hot water and dry with clean cloth or leave to air dry, ready for use the next day.

At the end of the day, the practitioner should feel less drained and depleted as the salt water will have absorbed most of the negative energy that would ordinarily have been absorbed by the practitioner unawares.



## PROTECTION - CRYSTALS AND SYMBOLS

Symbols and crystals have been used for centuries for their power of protection. It is my life experience the crystals and symbols tend to show up as and when we I need them. I encourage you to stay open to what shows up in your life, and you will likely find there is something magical to be discovered!

As I mentioned in my story the six pointed star, or Star of David showed up for me many times when I was experiencing varying degrees of fear and at around the same time, crystals also started to "talk" to me!



During my journey, I found these beautiful crystals with the Star of David carved within.

I charged them with my intent to protect my sons from any negativity that may cause them harm and placed them by their bedside.

It gave me a piece of mind and them to feel empowered!



Crystal jewelry such as bracelets and amulets are an excellent way to protect oneself!

I often wear my Obsidian bracelets when I am on the road doing cleansing and protection sessions.





## PROTECTION - CRYSTALS AND SYMBOLS



Obsidian, Onyx and Tourmaline are excellent crystals for protection, you can carry them, wear them or place them in specific spaces.



The most important thing to remember is to program your crystals as to their use as this will amplify the power of protection.

If you have an altar, you can charge the crystals on the altar and ask for the blessings you need for yourself, your space or others.

It is important to "cleans" your crystals when they get dirty...

There are many symbols around the world that are used for the purposes of protecting oneself from negativity and evil. As with plants it is important to have an affinity with the symbol to get the real benefits from its power of protection. I list a few that showed up on my journey...



The six pointed star, also known as the Star of David, or Seal of Solomon has been used for centuries to protect the wearer from evil in many traditions around the world. It is said to contain the power of God - the two triangles representing as above, so below!



The Hamsa which is considered to be God's right hand of protection has been used for centuries in the Middle Eastern countries by both the Jewish and Muslim faiths. Its origins can be traced as far back as Mesopotamian times.



The Celtic Knot/Shield - The three cornered knot represents the Holy Trinity or the Triple Goddess. The interwoven knot which has no beginning or end, stands for protection that cannot be broken.

## PROTECTION - BLACK SALT

Are you sensitive to energy? Do you get affected by negative vibes whilst you sleep?

This simple but very effective protection technique is a great way to protect yourself from negative energy and get a good nights sleep knowing that all low level negative energy will get absorbed into the salt!

- Simply place about a heaping tablespoon of black salt in 4 small glass containers (do not use plastic) and place under 4 corners of your bed so that you don't kick over or spill.
- Using your hands sense how the salt feels when you start and check weekly to see if salt needs replacing – when it seems to feel heavy and dense, its time to replenish anew.
- To dispose of the "dirty salt" – flush down the toilet or, other form of running water such as a stream or into the ocean. DO NOT USE FOR COOKING or ANYTHING ELSE!
- Black salt is one of the few things that doesn't really need an intention infused into it as it naturally absorbs negativity.



## GENERAL RECOMMENDATIONS

If you want to take cleansing and protection seriously, it is very important to start develop your ability to sense energy...

If this is a new concept, start by priming your hands - using your thumb rub the opposite palm for a few moments to stimulate and open the hand chakra (chakra's subtle energy centres in the body) and then repeat for the other palm.

Then simply start feeling objects, plants, food, places, people etc. and start becoming aware of your experiences.

For example: When feeling the energy of a person, observe any physical sensations, hot, cold, prickling, tingling, and observe any physiological feelings, internal images or emotions that are invoked within you.

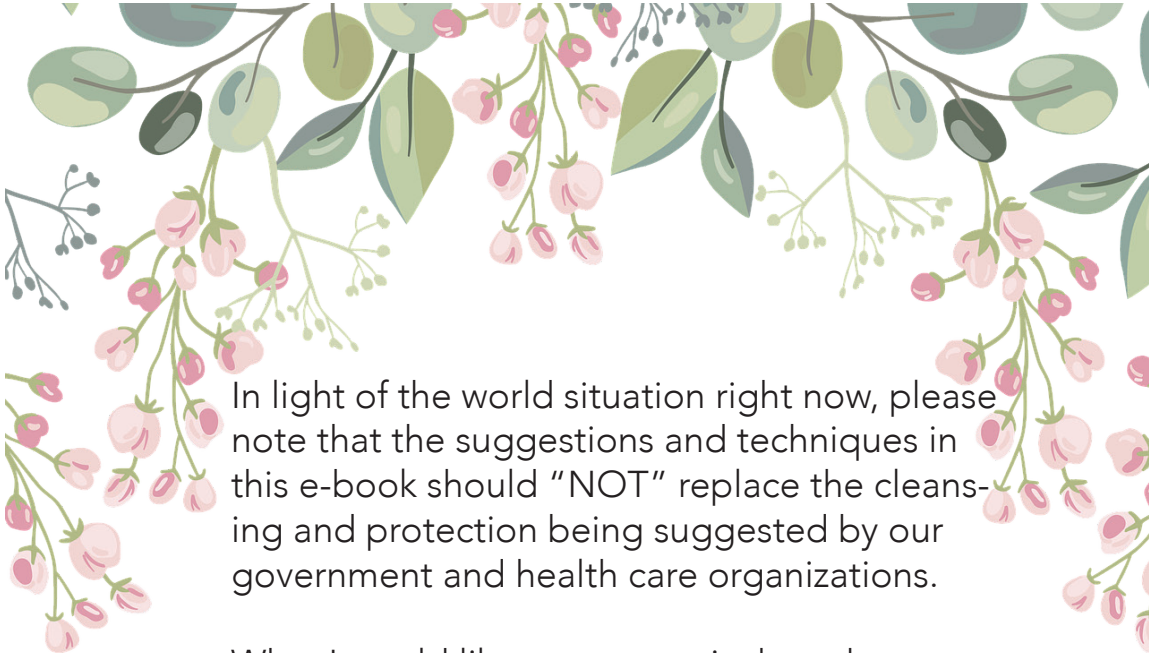
Over time these sensations and feelings will become like your very own dictionary of what each sensation or feeling is communicating to you. For example, you might notice that any time you sense something that tingles, it actually makes you smile and feels good! Or, conversely, something that feels hot makes you feel uneasy!

It is important to only "sense" the energy and not to "suck" the energy into yourself and or contaminate yourself or the space around you. If you are scanning a person or space with your hand, and you feel warmth going up your arm, then likely you are sucking the energy. If this is the case, then make gesture to remove the energy and send into the earth to be transformed and transmuted. You can put real or imaginary bracelets made of light to protect yourself from sucking energy!

Do NOT cleanse others when you are sick or have low energy.

I personally add prayer to all my work - but it is a personal thing, do what feels right for you and enjoy a Beautiful Flow!





In light of the world situation right now, please note that the suggestions and techniques in this e-book should “NOT” replace the cleansing and protection being suggested by our government and health care organizations.

What I would like to suggest is that when you are using any of the techniques in this e-book or any of the WisdomTrees Purify, Protect and Pure Bliss products add an additional intention to cleanse, purify and protect against this virus and any other energies that are harmful to you, your family, your friend’s and all sentient beings health and wellbeing.

When going out, spritz the cleanse and protect sprays above your head a few times as you assert your intention and let the spray settle on your body - do the same when you get home.

Spray any visitors, your home, car and office space with the Purify mist whilst setting the same intention. May you all be Safe & Healthy!





*I am passionate about many things in life, and oddly enough that includes therapy, healing and spirituality. I see the progress in my own life through studying for the past 15+ years and I love sharing this wisdom.*

*The areas I have studied include multiple spiritual traditions such as Shamanism, Tantra, Kabbalah, Dzogchen, Chi Kung, Kung Fu and even Tarot Card Divination and each methodology offers incredible healing techniques. I love bringing these teachings together to create a unique healing experience for each individual's needs and support them to self heal, to live with intention and to be their true authentic self!*

*I am a Certified Ontogenic Body-Mind Practitioner, Hypnotherapist and Certified Reiki Master, Chi-Kung Practitioner and Tarot Card Healer.*

*Being a Psychic Intuitive and a Graphic Artist, I love the intuitive mind, creativity, alchemy and magic, I am the founder of WisdomTrees Intentional Living Products, which houses everything I love to create!*

*I hope you will enjoy better health through better energy flow and most importantly be Safe!*

Sindy Taylor