

After years of this and continuing in my own self-discovery, I began studying more traditional psychology and decided to go back to school and get my master's degree in Marriage and Family Therapy. I majored in Spiritual Depth Psychology which includes mindfulness, self-soothing, meditation and breathing practices along with CBT and DBT techniques. In doing my hours of traditional therapy with groups, kids, families, couples and individuals I got real clarity on what I believe works and what doesn't.

I realized that talking about problems repeatedly only magnifies them. For me, every time I let go of something it was through self-awareness and consciously changing patterns. I also learned that MOST people lie to themselves, blame others, and have been taught NOT to listen to the way they feel. I believe each and every person has the power to heal themselves given the right tools.

I have never advertised and allow the Universe to bring me the people I can help.

I'm sure you wouldn't say it's been obstacle free, but so far would you say the journey have been a fairly smooth road?

Like all roads, mine has been winding. I have had many odd jobs in my pursuit of a music career, and my Life Coaching was just what I was organically good at and that came easily to me. I was so insecure and afraid for so long, but my pursuit of my own personal healing brought me to where I am today. I do believe that with every obstacle there is an opportunity for growth. That said, because I am in the business of constant expansion and growing, I look back and see how perfect my path truly was. Without my challenges, I would not be who I am.

My goal is to live a life where I love big and am using all of my gifts and talents to uplift myself and others. I am currently back in music, alongside my Life Coaching business. I have a wonderful husband, two beautiful young boys and every obstacle brought me here, so I am grateful.

Thanks for sharing that. So, maybe next you can tell us a bit more about your business?

I definitely work differently than other people, I am in no way traditional, but I do feel that people get results. I create my own unique mix based on the individual. The way I work forces a person into themselves in a way that is empowering. I believe that each person has the answers inside of them and I help get them out. Working with me means you will have to take full responsibility for what you are getting in life before you can change it. I use a combination of psychology, intuitive readings, and life coaching techniques in a session based on the individual's needs.

I specialize in feeling and seeing the trajectory of energy. I can see where you are headed and whether you are on course or not. I help people get back on their own path and give them tools to be able to do for themselves in the future.

I am most proud of being able to help people live and manifest their dreams. I love seeing people thrive and succeed. So much is based on getting out of our own way.

What sets me apart as a Life Coach or Therapist is not only the "Intuitive" Part but that I teach people to connect with their own intuition so they don't need me. I also do a full 1-hour (60 min) Sessions as opposed to the traditional 50-minute session. I work with people virtually so I can see clients around the world. I also record the sessions, so you can listen back, which deletes out of my database but is yours forever.

I do believe that there is some benefit from the weekly session model, but a lot of my clients will do once a month or even once every six months because they take to the tools so quickly that they get immediate results. I feel the way I work at is faster and more effective than the traditional therapy model. My focus is on solutions and how to create meaningful changes for a happier, easier life. In all honesty, I created a way that works for me. I assume I am not the only one built in this way. I always say that each person is different and needs to find what works for them. My clients find me because I am right for them.

Let's talk about our city – what do you love? What do you not love?

What I love about Los Angeles, having been born and raised here, is that it is eclectic, creative, expansive, and open. I love the feeling here. What I don't like are the parts that are focused on status, appearance and financial success equated with the value of a person. This town can easily make an insecure person feel more insecure when there is so much focus on the outside vs. the inside.

