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Disclaimer: I am not a doctor or a trained medical professional, even though I am a Licensed Professional Counselor. I work with physicians and other medical professionals and recommend consulting them before taking any supplements or starting any treatments. Supplements are not without side effects and can interact with medications and with each other. I do not make diagnoses or give medical advice and my readings are not designed to take the place of advice from your doctor or other medical professionals. I am bound by ethics and law to confidentiality.

****Some of the products I recommend and pass on discounts for, I receive a small percentage or merchandise from. They are all products I use myself and would not recommend unless I knew they were effective and of the highest quality.**

Name, Age, Contact information

First Impression: When I started your reading, I drew from the Keepers of the Light Oracle Cards and received Archangel Michael. You are safe. Angels stand Close. Surrender your concerns and allow a miracle to occur. If challenges are present in your life call on Michael to bring his sword of light to energetically disconnect you from what is no longer serving you. Your angel team is with you now. You are not in this alone. You may be feeling sensitive or overwhelmed but your angels are inviting you to take a step back so that they can come in and share their light of miracles. You may feel that your prayers aren't heard but that doubt blocks solutions from entering your life. Know that Archangel Michael and his legion of angels are here to help clear anything that's not serving you so that you can allow in the miracles of change that you deserve

SUGGESTIONS FOR SUPPLEMENTS AND TESTING

Please see last page for symbolism of colors for your painting

Chart of Emotional Characteristics and Corresponding Physical Symptoms based on the Chakra Systems. The 7 Chakras are the energy centers in our body in which energy flows through.

Blocked energy in our 7 Chakras can often lead to illness so it's important to understand what each Chakra represents and what we can do to keep this energy flowing freely. This report is a starting point for our discussion.

Emotional
(GENERAL CHARACTERISTICS).

Physical

(WHAT I RECEIVED FOR YOU)

<p>SEVENTH CHAKRA Purpose in life, relationship with spirit (crown)</p>	<p>SEVENTH CHAKRA Life threatening illnesses, chronic illnesses, Brain, Nervous system Overview of the body and spirit</p>	<p>When I read the card above I felt like it referred to relationships, career, life path and spiritual development. Some physical and emotional symptoms, wanting more connection to and knowledge about spirit/intuition. Nervous system often “on” and high key. Not as much energy as in the past.</p>
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<p>SIXTH CHAKRA Perception, thought, flexibility. Ability to change and blend in (Third eye,) psychic ability</p>	<p>SIXTH CHAKRA Head, nose, ears, anxiety, etc. Pituitary gland making and storing of hormones, pineal gland</p>	<p>I'm excited to teach you my favorite way to connect to intuition and your body. It will help with reducing anxiety, feeling grounded and safe and being more present and mindful. rather than living in past or future. Can be sensitive to artificial fragrances. Good to avoid those and other endocrine disruptors like plastics, Teflon, etc. Possibly headaches when you were younger.</p>
<p>FIFTH CHAKRA Self expression, Pushing forward vs just waiting for things to happen, will, activism, Communication</p>	<p>FIFTH CHAKRA Throat, mouth, teeth, thyroid, neck, shoulders</p>	<p>Feel like you have learned to express your opinions but that there are situations you feel squelched in and it can be frustrating. Linked to creativity. Strong willed, may hold on to control and your own agenda/ time table, which is also understandable. Neck (more on the sides) shoulders, upper back often tight. Hearing thyroid but not abnormal.</p>

<p>FOURTH CHAKRA Emotions, Nurturance, Partnership, giving vs getting help, intimacy, Care of others</p>	<p>FOURTH CHAKRA Heart, lungs, blood pressure, cholesterol, Breasts, breathing</p>	<p>May feel like you are overwhelmed by other's energy at times, boundaries can be challenging. Easier to establish them than in the past, hearing that you learned the hard way. Empathic and sensitive, easily pick up on other people's feelings. Good judge of character. Crowds can get overwhelming. Movement is very important and time in nature. The movement you do isn't always movement you enjoy. Feel close to animals from early age. Link to breast cancer in some way.</p>
<p>THIRD CHAKRA Self Esteem Fulfill responsibility to self and others, discipline Care of self (solar plexus)</p>	<p>THIRD CHAKRA Sm. Intestine, stomach, addictions, liver, adrenal Hormones, Blood sugar Gallbladder Kidneys, spleen</p>	<p>Perfectionism, focus on appearance too. These traits have helped you be determined but can also create unnecessary stress. Often pick up feelings in your gut, may feel symptoms before feelings. Body image. Addictive tendencies. Can be hard on yourself and compare yourself to others.</p>

<p>SECOND CHAKRA Balancing Relationships vs. Money You and I vs We, Creativity (Sacral)</p>	<p>SECOND CHAKRA Reproductive Organs, bladder, prostate, large intestine, lower back</p>	<p>You have life purpose and career questions. Very driven. Some issues with extended family relationships. Hurt and anger. Hips, hip flexors, lower back feel tight and it may radiate to other areas of the body. Trauma(s) related to this area, including not having female power honored or respected. Pregnancy (s) that didn't result in birth. Issues with reproductive organs, more in the past. Seeing bumpiness, procedures.</p>
<p>FIRST CHAKRA Family issues, Belonging, Trust, safety and security, Caretaking vs. being a loner Basic needs (root)</p>	<p>FIRST CHAKRA Base of spine, blood, joints Bones, immune sys, Lymph sys, Allergies, skin</p>	<p>Hearing mixed things about early life. Love and caring but also link to mental illness, substance abuse in family. Money (multiple meanings), control, not feeling like you could totally be yourself. Dominant male personality. Caretaker personality, fixer, responsible. Gymnastics/cheer in background. Trust issues. Sensitive skin, possible histamine sensitivity. Can discuss hormones. Also hearing to talk about bone density.</p>

Color Symbolism for Painting

These are some of the symbolic meanings that can be associated with the colors I painted on your artwork. I will also share the meaning of your painting when we meet.

Red:

Anger, energy, love/hate, stop, attention, power, blood

Blue:

Empathic abilities, Calm, likes water, sensitive, trust, loyalty, sadness/
depression, sky

Yellow:

Intuition, joy, generosity, spiritual teacher, sun, warmth, happiness, jealousy

Green:

Growth, new life, Spring, nature, renewal, money, greed

Purple:

Intuition, Spirituality, Psychic ability, religion, wisdom, dignity

Orange:

Adventure, courage, energy, creativity, determination, sexuality, enthusiasm,
individuality, intelligent

Magenta:

Own style, unique, not afraid to be different, dramatic, harmony, creative,
bold, Hope, blend of high energy and calm, childlike, creative, playful

