

## About me

Contributed by Administrator  
Tuesday, 25 November 2008  
Last Updated Saturday, 06 June 2009

Over the past few years, I have learned how to utilize my own emotions, and then those of others, to identify and transform negative thought forms that arise from traumatic experiences. Initially, I used Reiki to transmute the energy that is created by traumatic experiences and trapped in the energy field of our bodies, but I have since learned much more effective techniques for locating and clearing energetic blocks, balancing chakras, clearing energy meridians, performing soul retrieval, and clearing karmic energetic origins.

I have worked with people all over the U.S., Britain and Australia. Some of the requests for assistance were similar, but each experience was unique. The message that came through each and every experience, though, was that each person is loved no matter how they feel, no matter what they believe, no matter how they behave. Our limitations are all totally understandable in the eyes of our Divine Creator, our experiences created them. We are all supported to identify and remove these distortions of our Divine self, to become free of all that limits our true expression. I believe that before we are even born, we pick certain things that we would like to experience that will teach us what we want to learn, as a spiritual being. Eventually, we all get to the point where we no longer want to be limited by false beliefs and negative emotions, by traumas experienced throughout this and other lifetimes. Every person I have worked with has recognized that somewhere within them is something that is no longer serving them, is keeping them from being who they want to be, from having what they really want from life.

My intention is to teach others as I have learned through my own personal healing experiences, how to realize self-awareness to the greatest possible extent. To learn how to identify what is holding them back and transmute that energy to one that serves them by empowering them. I would love to help you create magic in your life as I have in mine, by dreaming of the life that I want to live, and learning how to overcome all the obstacles I encountered on my journey. Even though I didn't know exactly what it was that I wanted to do when I grew up, I knew that I wanted to do something that would allow me to be of service in a way that brought me the most joy. Every negative emotion I cleared and every false belief that I re-learned brought me closer to that goal until I finally achieved it. Let me show you what it is like to get clarity on the issues you are working with, and then show you how to achieve the same level of clarity for yourself, without my help. Isn't it about time that you seized a piece of heaven in your dreams and brought that back into your reality?

" What if you slept, and what if in your sleep you dreamed,

and what if in your dream you went to heaven

and there plucked a strange and beautiful flower,

and what if when you awoke you had the flower in your hand?

Ah, what then?"

Samuel Taylor Coleridge

Cindy Payne