

Energy Work Timeline

My friend and I began learning from our guides in the ethereal realm intuitively. We did a deep Intensive dive into the understanding of energy. My friend and I learned from our guides intuitively skills and how to run our practice. (My friend still runs her practice successfully fulltime)

Moved to California and put my focus into earth. I shut down my business to move but because of demand, I continued to work with energy work clients over the phone that had already been working with me. I also worked with friends & family. **During this time I was battling with the concept of people paying me for a skill that I felt should be second nature for everyone.** So I pulled back a lot from business and **put my focus into earth and large scale energy work;** the type of energy work that isn't paid or recognized by the world. **I also lived with a community of people** who I helped develop their energetic work skills and we did a lot of energy work together. They helped me soften my energy and learn connection, triggers, and conflict resolution.

What I do:

I tune into energy and read it. Help people find best steps forward. And help with anything energy related which could be anything at all; earth, art, community, government, love, relationships, skills, empowerment, trauma, depression, etc. When I tune in, it is a read unique to you. I can tune in generally or tune into something specific.

Grew up with Natural intuitive connection. And started to understand energy more fully. Began to utilize it with animals, healing, and understanding

Officially started my energetic healing business. I gained clients and continued to do my own soul work. Got very well versed in energy of all sorts and gained confidence & ability. I Also gained much compassion for humans.

Moved back to Utah and I realized that holding back my gifts does not help people develop skills that should be second nature. I realized that I could do more good by starting up my practice again and helping people develop their intuitive skills so that their energy work can be second nature. I am now developing classes and doing energy sessions for those who feel called to my sessions. I tune in and read energy and help people develop their skills to do everything I can do

Now my passion is supporting all beings in their ability to thrive.

I love working with:

- Earth, soil, plants, ecosystems
- Emotions, trauma, negativity
- Community, collaboration
- Empowerment, true freedom
- Life force energy, thriving
- Basically everything energy which is literally everything

2012

1990-2012

2009-2017

2018-2025

2023-
Current

Now