



*A healer is not someone you go to for healing . . .
it's someone who triggers your own ability to heal yourself.*



Sheri Magdaleno

Be Empowered. Heal *and* Transform.

WORKSHOPS

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My Journey . . .

began as a psychic healer back in 1971. My grandmother growing up, was instrumental in helping me to understand and direct this gift of divinity. After 20 plus years in nursing, with a strong focus on holistic healing and the effects, my journey changed. I decided in 2017 to go completely "paperless"; aligning more directly with my true purpose and path as a healer. Aside from my healing work, I also teach multiple levels of meditation and am a Honorary Lakota Red Road Mentor. One of my greatest accolades is being the liaison for so many to heal and for all the others who find the most authentic version of themselves.

Opening Ceremony

You can never underestimate the power of being seen and heard. Claim your power, set your intentions and offer them up for divine intervention in the sacred opening ceremony.

Healing Exercises

Gain new personal insights and experience yourself at greater depths.

Guided Cleansing Meditation

When the physical body is in full surrender and the intellect is still, your soul becomes the driver. This will help illuminate and harmonize your experience of being human.

Sacred Circle

This is an ancient sacred practice of reflecting and sharing personal experiences. The processing of the sacred symmetry of the circle harmonizes and balances the healing process.

Breathwork

An active and dynamic form of meditation that combines an ancient two-step breath technique with guided meditation. This powerful spiritual healing practice is unmatched for releasing trauma and old thought processes.

Sound Bath

An ancient healing practice using vibration to heal the physical body and align the energies of the subtle body.

Closing Cacao Ceremony

We close with an ancient sacred practice of grounding and returning to the body. Allowing ourselves to be witnessed in our new form.

"The use of love is to heal. When it flows without effort from the depth of the self, love creates health."

- Deepak Chopra

Advanced Ho'oponopono Practitioner. Certified Healer & Breathwork Practitioner (David Elliott)



For more information on workshops and private sessions please visit my website at:

www.divinityin.me

928.315.3615

sheri@divinityin.me

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