

MEET TAMIKA ALLEN & JENNIFER CHAVEZ OF SACRED VIBES

Compiled by Gina Foresta

Tamika Allen and Jennifer Chavez, owners of Sacred Vibes since January 2024, seemed destined to me. “When we first connected, a divine spark happened, and we realized our spirit teams had brought us together,” said Allen. Sacred Vibes offers a unique blend of skincare products designed to rejuvenate the skin, holistic healing options to nourish the spirit and mediumship readings to provide pathways to self-discovery and connection.

Through the products and services Allen and Chavez create and provide, their ultimate purpose is self-mastery. “Our products are intended to help individuals connect with their higher selves, tune into higher vibrations and achieve self discovery,” Chavez explained. “We are here to illuminate the path to freedom.”

When the pair creates their products, they use natural non-addictive and preservative-free ingredients. “We love crafting products that rejuvenate and heal,” said Chavez. “When we’re creating, we turn on upbeat music, light candles, and invite our ancestors, angels and spiritual guides to craft with us.”

Through her mediumship, Allen strives to connect with those who have passed on and heal their loved one’s emotions — bringing closure. They stress that spiritual healing is not linked to a particular religion. “It is not faith healing,” explained Allen. “Do not be afraid of psychic mediums and other spiritual or holistic healers. We are here to help facilitate healing. Even very skeptical people can be healed. Give it a chance. It may surprise you.

Components of mediumship and holistic healing:

- Universal energy or spiritual force (non-religious) can be directed by intention.
- Focusing on the human body via the aura (human energy field) raises that person’s “spiritual vibrations.” This improves health and allows one’s highest nature to unfold.
- A medium uses her psychic or intuitive abilities to see a person’s past, present and future events by tuning into the spirit energy surrounding



that person. This means mediums rely on the presence of non-physical energy outside of themselves for information relevant to the person being read.

Effects of healing: These are not always specific but are often very important to the person’s life.

- Reduced pain
- Deepening inner peace / Lightening of burden
- Alleviation of physical symptoms
- Sense of connectedness with the Universe
- Increased vitality

Holistic and spiritual healing emphasizes the connection between physical health, emotional well-being and spiritual growth, leading to a more integrated and fulfilling life. It encourages self-awareness, self-care and the body’s natural healing capabilities. Visit sacredvibes.us to learn more.



www.sacredvibes.us

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Where positive intention meets mindful living.

Holistic Healing
Better Lifestyle Choices
Spiritual Wellness
Essentials

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