



**Saturday & Sunday,
Sept. 3-4, 2022,
11am - 6pm**

The Lone Star Convention & Expo Center, 9055 Airport Rd, Conroe, Texas 77303

WELLNESS EXPO

PROGRAM GUIDE

VISIT

60+ exhibit booths with
products & services
for body, mind & spirit

HEAR

24 holistic medicine,
personal growth &
metaphysical talks

DISCOVER

how to boost
your immune
system &
balance your
emotional state

EXPERIENCE

intuitive
consultations
& energy
healing

SHOP

jewelry,
crystals,
essential oils,
CBD,
metaphysical
gifts

MEET

holistic healing
professionals

Saturday, Sept. 3

11:30 AM

Past Life Healing

Lisa Chalmers
972-998-7491

Often times it's the awareness of the past that frees us in the future. Come explore a short past life regression to go back and look at what gifts we can discover. Lisa Chalmers is a Certified Hypnotherapist, Certified Past Life Regression Healer, a Reiki Master, an Intuitive Psychic Medium (she gets pictures in her minds eye) and she is Clairaudient (she hears messages). She owns Inner Muse Hypnosis, where she offers Hypnotherapy and Past Life Regression.

Visit: www.InnerMuseHypnosis.com

1:30 PM

Connect in Spirit™

Gathering
Darla Gray
469-290-2644

Intuitive Medium Darla Gray will facilitate a Connect in Spirit™ Gathering which will include:- Evidence of life after death and messages from loved ones in spirit- Questions & Answers on mediumship Darla is an intuitive medium and healing facilitator who connects with loved ones in spirit. She delivers details and messages to support the healing process. Darla offers readings, training, healing circles and development circles in person and online. Visit: <https://darlagray.com>

3:30 PM

If Only the World was Made of Quartz

Terri Groom
214-564-6349

Come join Terri as she guides you from a fear-thinking path to one that is filled with the power that comes from direct communication with your guides, your spiritual team and your higher self. With simple techniques we are able to tap into the vastness and wonder of our creation and use it to expand our awareness of manifesting, connecting, creating, loving and BEING. Terri Groom is a Medium as well as a Medical Intuitive, Animal Communicator, Trance Healer and Life Coach. She utilizes clair senses as well as pure channeling. Terri is a published author under the pen name of A. Tacked and has been featured on Netflix. Email: vita perceptions@gmail.com

4:00 PM

Embrace Your Power

Jenn Colmenares
281-466-7418

There is a reason why you do not have the things you desire in your life... And I am so excited to have the opportunity today to share with you what I believe is the single most important shift that you, all of us here, can make to step forth into our destiny. Initially, entrepreneurship for me was a survival thing... There's enormous power & joy in learning & discovering what makes you tick. Because of my own depression, self-worth issues & fears. I delved into the world of feminine power in entrepreneurship. Visit: helloeden.xyz

12:00 PM

EFT- Creating Positive Change One Tap at a Time!

Helen Racz
281-384-0207

Emotional Freedom Technique (EFT), is a form of acupressure similar to acupuncture without the use of needles. Come for a joyous journey with tangible effects as you ask questions and experience how to support yourself with this technique. EFT Practitioner, teacher, speaker, retreat leader, life coach and author, Helen's unique tapping style combines energy, humor and compassion to lead people into alignment with their desires, empowering them to live life on purpose with purpose. Visit: <http://www.HelenRacz.com>

12:30 PM

Spiritual Yoga

Pavi Selene
214-517-9248

During this talk we will practice the gentle steps of chair yoga, which can be applied in everyday life. Pavi will focus on the power of breathing techniques, the importance of feeling into our bodies, and setting intentions. The only item needed is yourself. Pavi has been a practicing Intuitive Psychic for 3 years, with a specialty in Energetic Healing, Mental Health, and Physical Health. Her experience includes becoming a certified Yoga Teacher, Reiki Master Teacher, and Cognitive Psychologist. pavisoulcoaching@gmail.com

2:30 PM

Chakra Health & Lymph Drainage

Dr. Ravi Ratan Sharma, DsC
646-546-6982

Chakras are energy centers of the body. Our lymphatic system is part of the circulatory system that regulates our health, immune system and eliminates toxins. Dr. Ratan explains the benefits of Lymphatic Drainage for health and Chakra Balance. Dr. Ravi Ratan Sharma, from India, is a clinical aromatherapist and Healer, author of "Handbook of Aromatherapy" & "Journey Through Chakras". He integrates Aromatherapy and Lymph Drainage with Chakras & Crystal Healing. Visit: <http://aromatantara.com>

4:30 PM

Being the Phoenix - Overcoming Difficult Life Experiences

KA Home - 214-649-5967

Through her personal journey of self discovery, KA has experienced great loss, grief, recovery and the Creation of "All I Am today". Ten years ago these experiences led her to offering personalized Abstract representations of Soul energies through paintings and drawings that include a written channelled message about One's destiny, life purpose and other pertinent information. KA considers herself to be an Ascension Artist. Her artwork is intended to be used as a tool and catalyst for remembering your "True Self" which is a "powerful Soul having a Human experience". Visit: Kahome.com

1:00 PM

The Liberating Power in Shadow Work

Rebecca Eigen
281-799-2900

Carl Jung, the famous Swiss psychiatrist, coined the term "Shadow" to describe the doorway into our unconscious self. This hidden part of us, once revealed, takes us to a place where we can discover the most freedom to be real. Rebecca Eigen, Relationship Alchemist and Astrologer for 25+ years specializes in the 7th House (marriage, partnership and open enemies; i.e. the shadow in us all). Visit: <http://shadowdance.com>

3:00 PM

Understanding Aura Cleansing

Christin Eger-Romo
281-262-2210

The Aura is the energetic field, or subtle body, that can absorb and attach other energies. Using ancient techniques, Aura Cleansing is a method of removing dense and low vibrations from the energy body for peace and wellness. Christin is an Energy Healer, Spiritual Counselor, & Intuitive. Her core in the Healing Arts is from the fusion of her Latin, Native American, Hungarian, and Italian heritage coupled with certifications as a Reiki Master Teacher, 200hr Experienced Registered Yoga Teacher (E-RYT), and work as an Ordained Minister. www.opengatewellness.com

5:00 PM

Angelic Connections- \$25

Joy Kauf & KA Home
972-221-8080

Join Joy & Ka for a gallery of channeled messages from the Angelic Realm. We will cover what channeling is? How can you receive your messages from your angels? We will be channeling messages for the group. Joy Kauf and Ka Home have been channeling for over 30 years. Joy Kauf is the founder of the Miracles of Joy Spiritual Center, a Mecca for healings, readings, and esoteric studies in the Dallas area. Joy is a Master Teacher of Galactic Healing and is certified as an Advanced Theta Practitioner, as well as a Reiki Master Teacher. Visit: www.joykauf.com KA considers herself to be an Ascension Artist. Her artwork is intended to be used as a tool and catalyst for remembering your "True Self" which is a "powerful Soul having a Human experience". Visit: Kahome.com

11:30 AM

Connect with Your Loved Ones in Spirit

Deanna Baza
817-495-6179

Deanna will discuss how she discovered she was a medium and she will offer readings to some of the audience members. All will be able to learn from what comes through. Deanna Baza has found her main purpose in life to be that of serving humanity by using Hawaiian healing, Reiki and her intuitive abilities. In addition, she is the co-owner of Sacred Journey, which is a Spiritual Teachings and Wellness Center. Visit: www.sacredjourney111.com

12:00 PM

Chakra Clearing & Cleansing

Beth Carpenter, ND
512-707-9886

Many people are addicted to stress. Through cutting cords and clearing PTSD within the chakras, we can break free from the blueprint of Chaos. Beth will be actively healing the group that attends this lecture. With over 25 years in energy healing and 17 years in essential oils, Beth will also be educating participants on the best oils to use. Visit: HealthyHelp4u.com

12:30 PM

Numerology: Seeing Life Through the Numbers

Eloy Machuca
347-687-5028

Join Eloy as he talks about the basics of Numerology and how you can change your perspective by paying attention to the spiritual properties of numbers. Each of us have individual numbers for each year depending on our birthdate. Come find out yours! Eloy has been practicing Numerology as well as various other methods of divination for the past decade. He is a Lenormand, Tarot & Charm reader, as well as a BARS Practitioner & Holy Fire Reiki Master. Find him and all he does at www.thegreenmanstudios.com

1:00 PM

What can you Transform?

Brian Stovall
713-480-2947

Did you know there are 32 points on your head which, when gently touched, effortlessly and easily release anything that doesn't allow you to receive? Join Brian as he discusses and demonstrates Access Consciousness® and how the tools can assist you in releasing the limitations, conclusions, or judgments that keep you stuck. Brian Stovall, Activate One, is an Access Consciousness® Certified Facilitator, Bars Facilitator, and life coach, who empowers individuals, groups, and businesses around the world to transform, and know that they know. Visit: activateone.com

2:00 PM

A Different Approach to Love

Gina Higdon
713-397-5888

Learn how you can use the Akashic Records to move forward in your life with relationships, business or vocation, life purpose or lifestyle. Also, you can use them to discover what are the blocks or patterns that keep you from living your best life. Gina is an Akashic Record Teacher & Consultant, Theta Healing Practitioner, Claim Your Life Instructor, and Aura Soma Practitioner, who has studied Astrological life cycles. Her passion is to build an Akashic Community by teaching and assisting others in finding their joy and life purpose. Visit: www.claimyourempoweredlife.com

2:30 PM

Overcome Stress and Anxiety Permanently

Speranta Cristache
929-500-1899

In this talk Speranta will discuss the top 3 ways in which people experience stress and anxiety, why this is taking over their lives and how to not have this affect their next decade. Speranta helps people overcome stress and anxiety permanently. She has been a coach for over 10 years and is passionate about being of service to others. She is a public speaker and on course to become a published author. She is most active on IG @speranta.me Visit: www.speranta.me

3:00 PM

Medical Intuition & You

Kristina Jones
210-385-6620

Kristina will give a brief talk about medical intuition, and what that means for the physical and energy body. She will explain her process and then give a medical intuition reading to an audience member. Kristina is a psychic, medical intuitive and energy healer who delivers channeled messages, energetic healing, attachment/curse removal, and vibrational sound healing. Kristina provides remote and in-person private sessions and corporate sound bath experiences. Visit: www.kristinajones.co

3:30 PM

Vibrational Frequency Healing

Greg Good
512-669-9670

It has been discovered that the cells of the body vibrate at various frequencies depending on their state of health. Greg Good, with Green Mantis Wellness, will be demonstrating healing frequency energy tools and nano crystal energy products, which help to balance your energy fields and chakras and promote better health. Greg Good, who has a love for everything natural and organic, has studied quantum physics and metaphysics. He is also trained by Dolores Cannon in Quantum Healing Hypnosis. His company, Green Mantis Wellness, specializes in natural healing modalities for a healthier world. Visit: Getvibranz.com/GregGood

4:00 PM

Simple Ways to Grow Your Intuition

Tina Todaro
405-208-3183

Tina will discuss what intuition really is, how to connect to it, and how to enhance your abilities. Tina Todaro is an intuitive, as well as a Reiki and Hawaiian Healing practitioner, who has dedicated her time to empower people on their path to healing, inner knowledge and spiritual growth. She is also co-owner of Sacred Journey, which is a Spiritual Teachings and Wellness Center. Visit: www.sacredjourney111.com

4:30 PM

Spiritual Connections

Colette Summerland
425-515-3801

You're invited to join Colette Summerland for live audience readings of messages from Spirit, and experience peace in knowing those you love are still around. During this event, a number of audience members will receive messages. Colette Summerland is a Psychic-Medium, Aura Reader & Angel Communicator, who has also been providing Tarot Readings for a number of years. She is Clairaudient, Clairvoyant, and Clairsentient. Visit: ColetteSummerland.com

5:00 PM

Walking With Spirit Gallery - \$25

Terri Groom
214-564-6349

Come join Terri with Vita Perceptions for an interactive connection with spirit. This gallery will focus on mediumship connections with loved ones, as well as channeled messages from guides, angels and other beautiful energies from the other side. Terri Groom is a Medium as well as a Medical Intuitive, Animal Communicator, Trance Healer and Life Coach. She utilizes clair senses as well as pure channeling. Terri is a published author under the pen name of A. Tacked and has been featured on Netflix. Email: vita perceptions@gmail.com

Exhibitors (as of August 6, 2022)

A Wellness Alternative

Edna Craven, DC 214-769-2209
Natural Wellness Alternatives.
awellnessalternative.com

Carolyn P. Little

Carolyn P. Little 469-867-0676
Clairvoyant Medium, Inner Child Counselor

Entelechea

Tricia Seymour & Rusty Barrier
..... 972-792-9900
Optimal Living. <https://Entelechea.org>

Activate One L.L.C.

Brian Stovall 713-480-2947
Access Consciousness, Systemic
Coaching, Clearings.
activateone.com

CBD American Shaman Conroe

Pamela Carlisle 936-494-1599
CBD - Health & Wellness.
<https://conroecbd.com>

Forgotten Aye Mine

Robert Kuhn 501-359-0670
Quartz Crystal Mining and Distribution

Advanced Body Scan

Mike MacLennan 346-955-7226
Preventative medical screening.
advancedbodyscan.com

Crystal Joy Corp

Mary Hurley 405-413-9791
Hand picked high energy crystals.
www.facebook.com/crystaljoyok

Good Wellness USA

Greg Good 512-669-9670
Crystal Energy (-ion) Products.
Getvibranz.com/GregGood

Ancestral Spirit

Erica Toye 727-601-3788
Healing center spiritual tools and jewelry.
ancestralspirittribe.com

Crystal Moon

Brandi Parks Moss ... 936-933-3181
Crystals and meditation items.
Crystalmooncrystals@gmail.com

HealthyHelp4u.com

Beth Carpenter 512-707-9886
Readings, Healings & energetic skincare.

Aromatantra

Ravi Ratan Sharma
..... 646-546-6982
Aromatherapy products for Skin, Hair, Wellness.
<http://aromatantra.com>

Dallas Psychic Wellness Center

Alana Wilson 972-510-8932
Chakra healings, candles, crystals, & psychic
readings.
www.psychicdallas.com

HomeCraft Gutter Protection

Stephanie 706-870-0625
Gutter Protection.
homecraftgutterprotection.com

Astrologer for the 7th House

Rebeca Eigen 281-799-2900
Specializing in Relationships.
shadowdance.com

Deelicious Scrubs and More®, LLC

Dee Jackson 817-863-6509
Holistic, Vegan, & Organic home, bath, body.
<https://Deeliciousscrubs.com>

Inner Muse Hypnosis

Lisa Chalmers 972-998-7491
Hypnotherapy & Past Life Regression Healing.
www.InnerMuseHypnosis.com

Beautycounter

Jill Good 281-793-9206
safer, cleaner, skin care, body care and make up.
<http://www.beautycounter.com/jillgood>

dōTERRA Essential Oils

Susan Wooley 817-913-2984
Health / Wellness with Essential Oils

Intuitive Advanced Energy Healer

Sheela Goodrich 512-577-4055
Personalized Reading with Chakra Balancing.
sheelagoodrich@gmail.com

Bio-Energetic Jewelry LLC

Claudia Diltz 620-481-0209
Beautiful jewelry. Superior EMF protection.
www.bio-energeticjewelry.com

DreamsDecoder

Barbie Breathitt 972-253-6653
Spiritual transformation through
dreams & healing.
dreamsdecoder.com

Intuitive Reader

Pavi Selene 214-517-9248
Oracle & Tarot Cards.
Pavonine.Selene@gmail.com

Intuitive Readings and Healing

Kristina Jones.....210-385-6620
 Psychic, Medical Intuitive, Sound Healer.
www.kristinajones.co

Lighthouse Reiki Intuitive Healing

Misty Verlinden281-848-9566
 Spiritual healing services & metaphysical gifts.
www.LighthouseReikiHouston.com

Polar Seltzer

..... polarseltzer.com
 All natural seltzer brand (nonalcoholic)

Intuitive Tarot Readings/ Visual-Voice Art

Ren Adams.....214-475-6207
 Custom art available upon request.
tbadams217@gmail.com

Millennium Products

Warren Hazan904-444-2345
 Shungite EMF Protection.
www.millennium-products.com

Psychic Medium

Stephanie Morris940-703-0767
stelmorservices@gmail.com

It's About Health

Venita Papillion720-237-3608
 Health and Wellness Products. Itsabouthealth.biz

Miracles of Joy Metaphysical Store and Center

Joy Kauf972-221-8080
 Aura Photos & more!
www.miraclesofjoy.org

Psychic-Medium & Angel Communicator

Colette Summerland
425-515-3801
 Tarot consultation, Angel Reading,
 Mediumship & More!
ColetteSummerland.com

Jogen

.....214-202-9712
 Intuitive Channel/Reiki Master/Past Life

Nationally Renowned Psychic

Kathy Minier469-879-8828
 Entertainment, groups, parties, &
 personal readings.

Readings & Healings

Eloy Machuca.....347-687-5028
 Tarot, Lenormand and Kipper Card Readings.

Leaf Home Enhancements DBA Storm Tight Windows

.....281-426-0084
www.stormtightwindowstexas.com

No Limit LOCS with Kina

Sakina George469-767-6427
 Hair & Body Products.
www.nolimitlocs.com

Renewal By Andersen of Houston

Cinto Barrientes832-797-9036
 Custom Replacement Windows & Patio Doors.
<https://www.rbahouston.com/>

Leaf Home Water Solutions, LLC.

Rachel Baker.....800-726-7703
 Affordable water treatment systems.
www.leafhomewatersolutions.com

OKAS Designs

Kristin Quintanilla512-787-6969
 Copper Jewelry, Crystals, Crowns, & Pendulums.
www.OKASDesigns.com

Rodgers Stein Chiropractic Center

Stacey Rodgers, DC
936-441-9990
 Healthy Living for a Happy Life.
www.rodgerssteinchiropractic.com

Life Exploration with Gina

Gina Higdon713-397-5888
 Akashic Record & Claim Your Life Consultations.
www.ClaimYourEmpoweredLife.com

Open Gate Wellness

Christin Eger-Romo .281-262-2210
 Energy Healer, Spiritual Counselor, & Intuitive.
www.opengatewellnesstx.com

Rude Girl Treats

Ande McNamara214-695-9971
 CBD+ Delta 8 chocolates, Bath Salts/Bombs=
 CBD.
rudegirltreats.com

Lifewave

Scott Wooley214-869-6164
 Stem Cell Patches / Healthcare

ORNATE SKIN

Ofir Bilu702-374-2050
 Decor soaps & anti-aging products.
<http://ornateboutique.com>

Sacred Journey Experience

Deanna Baza817-495-6179
 Metaphysical products, Guidance
 & healing service.
www.sacredjourney111.com

Exhibitors (continued)

Spiritual Artist & Mentor

Ka Horne 214-649-5967
Channelled sessions w/ art & spiritual life
coaching.
www.kahome.com

The Information Intuitive

Joel Cecala..... 469-841-4414
Intuitive Guidance; Reiki Master Teacher.
informationintuitive.com

Stress and Anxiety Coach

Speranta 929-500-1899
Helping people overcome stress and anxiety.
<http://speranta.me>

Vita Perception

Terri Groom 214-564-6349
Life Coaching from the Other Side.
[vitaperceptions@gmail.com](mailto:vita perceptions@gmail.com)

The Conscious Co-Creators Circle

Peggy Sue Skipper .. 832-628-5396
Support Group/Network Founder, Author.
www.LoveAndKindnessWorld.com

The Good Shaman

Nakeisha Benett..... 832-303-3754
Naturopathic/Alternative Health Company.
<https://thegoodshaman.org>

The GreenMan Studios

Arthur Graye..... 214-631-9917
Magic Shop specializing in handmade products.
www.thegreenmanstudios.com

The Healing Charm

Shari Davis 214-793-3531
Handmade essential oil diffuser jewelry.
www.thehealingcharm.com

The Heart of Tradition

Daniel Thompson..... 828-713-2375
Unique natural-state topical magnesium (Glass).
theheartoftradition.com

The Holistic Warrior

Thomas Nolan, III, Ph.D.
..... 405-360-2250
Readings, Energy Balancing, Dream
Interpretation

Literature Table

Eden

Jenn Colmenares.....281-466-7418
Strategic Entrepreneurship Coaching for women.
www.helloeden.xyz

Miracles of Joy

Metaphysical Store and Center
Joy Kauf 972-221-8080
Aura Photos & more!
www.miraclesofjoy.org

Wellness Connection Online

Shana Gordy 713-208-6560
WCO connects providers to clients online.
www.wellnessconnectiononline.com

Entelechea

Tricia Seymour & Rusty Barrier
..... 972-792-9900
Optimal Living.
<https://Entelechea.org>

Peggy Sue Skipper

www.LoveAndKindnessWorld.com
..... 832-628-5396
Intuitive Sessions and/or Hand Analysis.

Helen Racz

www.HelenRacz.com
..... 281-384-0207
Coaching, EFT Practitioner, Author, Speaker.

Spirit Quest Rock Gem & Unique Boutique

Ginger Pennell 281-288-7815
Located in Old Town Spring.
www.TheSpiritQuestCenter.com

Holistic Practitioner & Possibilities Coach

Sheryl Sitts 281-252-6600
Find your way to healthier, happier living naturally!
www.SherylSitts.com

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Support Group/Network Founder, Author.
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www.InnerMuseHypnosis.com

The Information Intuitive

Joel Cecala..... 469-841-4414
Intuitive Guidance; Reiki Master Teacher.
informationintuitive.com

WELLNESS EXPO®

MARK YOUR CALENDAR

Waxahachie, TX: October 8-9, 2022
Waxahachie Civic Center

Grapevine, TX: April 1-2, 2023
Grapevine Convention Center

Conroe, TX: Sept. 2-3, 2023
The Lone Star Convention & Expo Center
