

Saturday & Sunday
May 1-2, 2021
11am - 6pm

WELLNESS EXPO[®]

PROGRAM GUIDE

Grapevine Convention Center
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Saturday, May 1

11:30 AM

Past Life Healing

Lisa Chalmers, CHt., CPLR
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

12:00 PM

Magical Messages for You

Michelle Welch
214-530-2326

In this gallery Michelle Welch, Owner of SoulTopia, LLC, and Llewelyn author of "The Magic of Connection" will receive clear messages for some audience members, while teaching the entire audience about various tools such as crystals and herbs to experience "The Magic of Connection." An attorney on an enlightened path, Michelle's calling as a psychic medium energy worker is to assist others in gaining clarity and self-empowerment. You can find her at: www.soultopia.com, on Michelle SoulTopia YouTube, and SoulWhat Podcast.

12:30 PM

Spiritual Lessons from The Spiritual Artist

Christopher Miller
214-395-8002

Many people try to describe their experiences during the creative process. Some claim that a Greater Power or Divine Guidance assisted them. But, what is this state of consciousness, and how do we replicate it? Chris highlights key points from his new book, "The Spiritual Artist". Artist, Spiritual Coach, Author, and Licensed Practitioner, Christopher J. Miller confirms that our first task as humans is to consciously create, whether painting, raising children, starting a new business, making dinner, or writing a novel. We are all creators. Visit: <http://www.spiritualartisttoday.com>

1:00 PM

Heart Disease & Pre-Dementia: Prevention & Care

Dr. Aldo D'Aversa, DC, Dipl. O.M.
972-233-2929

Learn about mood, brain function, memory, cardiovascular disease (heart attack and stroke) and the common factors that equally affect both conditions. Discover the new blood testing for inflammation markers and specific fats (omega 3 vs. 6, etc.), which provides a guide to know when a therapy and diet is working. Find out which diets and therapies provide prevention and support. Dr. Aldo D'Aversa is physician trained as a chiropractor and a Chinese medicine doctor. This unique education has allowed him to integrate the Western medical diagnosis with the Chinese medicine pattern diagnosis, allowing for a clearer understanding of disease and health.

1:30 PM

Soul Nourishment

Robyn Slagle
214-893-5639

Living fully is having the appropriate amount of nourishment in all areas of life. If you feel like you're missing something in life, it could be lack of nutrition beyond physical food. What is causing your soul to starve? Robyn is a Healer and Spiritual Teacher. She's a 26th generation lineage holder of an unbroken Mayan lineage and has studied with numerous teachers, shamans, and curanderos. She guides you through self exploration and empowerment for healing on all levels. Visit: www.jarlight.com

2:00 PM

The Power of Connection in 2021

Joy Kauf
972-221-8080

Are you ready to connect and communicate with your angels and inner guidance? This is the year to be able to Manifest & receive clear guidance. Joy will share with you some practical tools to clear your energy and explore how to be more present to receive your messages. 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.galactichealing.org

2:30 PM

Repercussions of a Tailbone Fall

Leigh Ankrum
918-760-4607

Have you ever had a tailbone fall? Leigh will discuss all the parts and systems of the body that are affected by a fall on your tailbone - you will be amazed and maybe a little horrified. Leigh will share how bodywork can help your body find health again. Ankrum Institute's founder and director, Leigh Ankrum, is a bodywork practitioner with 34 years of experience in teaching and private practice. Her education from around the world has shaped her holistic understanding of the body's organizing principles. Visit: <https://www.ankruminstitute.com>

3:00 PM

Emotional Hygiene for You by You

Sue Siebens
214-437-2737

Learn about the Emotional Resolution®, which uses the emotion that is present in the moment and removes the imprinted emotion stored in the body. This leads to no future triggering of stressful reactions. Sue Siebens facilitates Emotional Resolution with her clients and teaches Self-EmRes to compliment personal growth and development. She is a published author: "Get Unstuck Naturally". Visit: <https://NaturalEmotionalWellness.com>

3:30 PM

Creating Space in an Imperfect World

Terri Groom
214-564-6349

Come join Terri Groom for an informative and engaging talk on hope and connection. Learn how to replace your day to day struggles with a stronger, more meaningful connection with the spirit world. Your guides are wanting to talk to you! Terri Groom is a Medium as well as a Medical Intuitive, Animal Communicator, Trance Healer and Life Coach. She utilizes clear 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

Awaken to Your Integrated Soul

Angela Harding, RN, RMT, LC, ORDM
817-527-1409

So many of us struggle day to day on allowing soul to guide us through the everyday situations of life. This lecture will discuss how to awaken your soul, introduce it to the human it inhabits, and initiate the soul plus human relationship of thriving in today's society. Angela is a Psychic Medium, Spiritual Intuitive-Healer, and Spiritual Life Coach, as well as an RN, and RMT in her Grapevine based office. She is also the founder & farm manager at Dream Lady Homestead, which is a local farm in Aubrey that will soon be offering Holistic Health & Nature Classes, Meditation Retreats, & more!. Visit: integrated-soul.com

4:30 PM

Spiritual Physics: Multidimensional Healing

Neil
972-221-8080

Come join Neil for a journey into the spirit world. With direction from Spirit, he will work with attendees to identify any energy issues, and to heal and release them. Neil is a gifted Psychic Medium, Reiki Master, Advanced Theta Practitioner and Galactic III Practitioner. Visit him at: www.marshallneil.com

5:00 PM - 7:00 PM

One with Spirit Gallery- \$20

Joy Kauf & Neil
972-221-8080

Join Joy and Neil and experience their connection with spirit. A gallery is where messages are given to individuals in the audience. They will offer intuitive readings from Angels, Ascended Masters, Guides, ET contact and Loved Ones from the Spirit World. Come and receive channeled messages and see what guidance spirit has for you. 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.galactichealing.org Neil is a gifted Psychic Medium, Reiki Master, Advanced Theta Practitioner and Galactic III Practitioner. Visit him at: www.marshallneil.com

Sunday, May 2

11:30 AM

Healing with Sound

Nancy Byers
214-417-6857

Nancy will demonstrate the Language of Light, which is a vibrational healing technique. After experiencing the Language of Light, many report feeling more empowered, having a sense of remembering the essence of who they really are, and experiencing a sense of physical well-being. Nancy is a Licensed professional counselor, who offers counseling sessions, as well as private sessions for the Language of Light. Over the last 30 years, Nancy has helped hundreds of people all over the world with her gift.

12:00 PM

De-stressing Your Nervous System

Dr. Aanchal Bhatia, DC
469-333-0155

Dr. Aanchal talks about the connection of the brain and the body and how your nervous system is the control center of the body. If your nervous system cannot adapt to stress and begins to malfunction, it can lead to multiple of health issues. Dr. Aanchal is a chiropractor specializing in women's health. She is passionate about serving practice members of all ages by providing quality and evidence based chiropractic care. Visit: tulachiropractic.com

12:30 PM

Chakras, Numbers & Planets

Dr. Ravi Ratan, DSc
646-546-6982

There is a hidden numerical pattern that serves as a key for unlocking secrets of the Psyche. Each number is associated with a particular planet that influences our life and Chakras. Dr. Ratan explains the relationship of Numbers, Planets and Chakras. Dr. Ravi Ratan is a clinical aromatherapist and healer, integrating Aromatherapy with Lymph Drainage & Chakra healing. Author of "HANDBOOK OF AROMATHERAPY" and "JOURNEY THROUGH CHAKRAS" he offers personal healing sessions and conducts training programs. Visit: www.aromatantira.com

1:00 PM

The Hidden Gold in Our Painful Relationships

Rebecca Eigen
281-799-2900

We suffer in our relationships when we don't know ourselves completely. Using Jungian psychology and the 7th House in our Astrological birth chart, Rebecca will show you how there is light at the end of the tunnel of love once we are willing to go into the dark side (hidden, unconscious parts of all of us) with courage and an open heart to discover the Gold. 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: shadowdance.com

1:30 PM

Energy Healing & Medicine

Dr. Jennifer Laing, MD
903-821-4001

Who and what amplifies your current, fills your current and zaps you? In this talk Dr. Laing will discuss how we are affected by the energy of the people and things around us and how this manifests in our body. She will offer tips on how to optimize our health. Dr. Laing, MD, Board Certified Family Physician, Usui & Karuna Reiki Master, integrates complementary medicine on a daily basis into her practice. Visit: www.schoolofmysticalawakening.com

2:00 PM

Discovering & Trusting Your Life Purpose

Ruth McKee
580-235-6236

In this talk you will learn how to become aware if you are doing what you came here to do, and, if not, what you can do to change it – at any age. You will also receive an overview of each of the 7-year cycles of life, the four avenues of perception (that we all have) and much more. Ruth McKee is an instructor with Wayshowers College. The College specializes in training spiritual educators in techniques that enable individuals to experience spiritual truths for themselves, free from dogma or theology. New Spiritual Horizons is a community based service of Wayshowers College. Visit: NewSpiritualHorizons.com

2:30 PM

Manifesting with the Angels

Helen Watson
682-234-8942

Helen will discuss the importance of allowing the angels to manifest miracles in your life. She will connect with some of the audience members and give them messages from their angels. Helen is a psychic medium, who is clairvoyant, clairaudient and clairsentient. She is also a feng shui consultant and astrologer, who helps her clients to live their best life.

3:00 PM

Acupuncture – Naturally Healing Your Body

Dr. Bianca Yturralde
817-372-7745

Modern acupuncture is an affordable alternative to help your body naturally heal itself. We will discuss what health concerns acupuncture has successfully treated, common issues, post COVID-19 success and demonstration of acupuncture from an audience member. Bianca holds a Master's degree in Oriental Medicine from Southwest Acupuncture College in Santa Fe, NM. In 2016 she attended Emperor's College of Traditional Oriental Medicine in Santa Monica, CA where she earned the highest degree bestowed in the field of Oriental Medicine. Visit: www.modacu.com

3:30 PM

Reconnect with Your Starseed Family

Gaer Ferrinson
254-659-8832

Think you're "not from here?" Starseeds are being activated at an ever-increasing rate. Join me for an introductory chat about Starseeds and reconnecting with your Starseed Soul Family. Guided meditation will be part of the 30 minute talk. Gaer Ferrinson, The Transitional Doula, is an oracle, healer, and certified End-of-Life Doula. Her work focuses on Starseeds and Soul Journeys. Visit: www.TheTransitionalDoula.com

4:00 PM

Grief in the Time of COVID

Sidney Gaskins, LPC
210-701-1344

Sidney will discuss grief events, myths about grieving, and ways people can support themselves in going through grief. Sidney Gaskins is a licensed professional counselor and organizational psychologist. She has trained in anxiety, grief, trauma, and is a trained yoga instructor. Sidney is the Executive Director of Fostering Health Alliance. Visit: <http://www.sidneygaskins.com>

4:30 PM

Healing with the Akashic Records

Bill Foss
918-770-3810

The Akashic Records is a gateway to activate your Soul's purpose and connection with your physical body in this world. There are multiple ways of using the Akashic to achieve healing from traumas, past lives, karma, success blocks and physical ailments. As an Author, Teacher and Healer Bill works with groups and individuals to bring you spiritual insights, energetic activations & clearing, deep healing and multiple ways to achieve your success through learning about your Soul & the Akashic Records. Visit: <http://www.billfoss.net>

5:00 PM - 7:00 PM

Walking With Spirit Gallery - \$20

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

Angel Messages with Liz

Liz Hoelzel 512-653-3828
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www.AngelMessageswithLiz.com

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Carolyn Little - Clairvoyant Medium

Carolyn Little 469-867-0676
Clairvoyant Medium and Inner Child Counselor

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Mari Weldon
Weldonmari@gmail.com
Gives you a sketch of souls around you.
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Dee Jackson 817-863-6509
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Desiree Morrow 214-536-2159
Desy Dreams sells manifestation
candles & more.
<https://m.facebook.com/DesyDreamsCandles/>

DoTerra and Oracle Card Readings

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Essential oils, health & wellness, readings.
<http://Mydoterra.com/christinehocker>

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Tamara L. Conner ... 469-236-8980
Hawaiian Healer & Ho'oponopono.
www.ehoomana.com

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MultiDimensional Healing.
www.CynthiaRShaw.com

Energy Healer & Medical Intuitive

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www.DonnaHealer.com

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Shannon Price 972-765-2924
Tools for your magic...
Visit: ErthyBruja.com

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www.StaceySees.com

Intuitive Reader

Pavi Selene 254-559-2650
Oracle & Tarot Cards.
Pavonine.Selene@gmail.com

Intuitive Tarot

Helen Watson 817-684-1146
Reader, Numerologist, Medium, Healer & Feng
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www.itsabouthhealth.biz

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www.jarlight.com

Exhibitors

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geri.towergarden.com

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Rachel Harries, NMD
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www.rachelharries.juiceplus.com

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BeautyandBeyond210@gmail.com

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Tanya Griffin 903-268-5436
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Catherine 815-530-2179
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https://jovinaclark.goherbalife.com/

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Spiritual Arts Institute
Melinda Noble 817-235-9080
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Spiritualarts.org

StretchLab
Megan Tanzer 817-562-4546
One on One assisted stretching.
www.stretchlab.com

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Literature Table

Acupuncture & Herb Clinic

Dr. Aldo D'Aversa, DC, Dip. O.M.,
C.C.E.P. 972-233-2929
Physician trained Chiropractor & Chinese
Medicine Doctor.

EMF & Geopathic Stress Reduction

Horst Litke, EMF Technician
..... 214-577-3130
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radiation. litke38@yahoo.com

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Dr. Dashima Dovchin, PhD, LAc
..... 972-404-4442
Clinical Professor, Licensed in Acupuncture &
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Venita Curry 855-816-1505
Frequency Health.
www.itsabouthealth.biz

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www.stretchlab.com

The Information Intuitive

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Spirit-guided answers to your most
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