

A CRISIS IS OFTEN AN AWAKENING IN DISGUISE

Have you found yourself in a series of circumstances where your “go to” ways of solving problems no longer work? Are you at a crisis point that you intuitively know is trying to force you to grow, but can’t get a foothold to understand how or what to do next? From health issues to divorce, emotional challenges to death, crisis can prompt an unexpected spiritual awakening. This book gives you tools to understand and navigate the process, as well as inspiring and relatable real life stories of crisis to transformation.

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Working with clients internationally, Sharna helps clients uncover the source of wounds and blockages so they can live freer, fuller, and brighter lives. Sharna is certified as a Reiki Master, Say It Straight Communication Trainer, Herbalist and Aromatherapist. Sharna writes for MindBodyGreen, Elephant Journal, and Rebelle Society. She maintains in-person practices in Santa Fe, NM and San Diego, CA, and works via distance with clients internationally.

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Navigating a Spiritual Awakening
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