

Our Golden Age Expansion of Essence Sessions

Offered by Katherine Lia

~ Available remotely via telephone, Skype, Zoom, etc. ~

Do you ever feel like some things in your life keep on happening to you no matter how hard you try to shift them? Did you know that millions of people worldwide have been able to achieve life-changing breakthroughs via high quality past life sessions, where nothing else worked?

Katherine Lia provides an exceptionally rare and state-of-the-art quality of sessions that can reveal past lives, future lives (or the future of one's spiritual self), and sojourns in the heavens between Earth embodiments.

Past life therapy has a myriad of benefits. Memories revealed from a past life allow individuals to alter their perspectives on their current lives. This therapy for the new age helps people to understand who they are, learn how past life events have affected present life circumstances, and to offer insight into hidden conflicts so that repeating patterns may be stopped.

Awareness created through regression therapy allows mental, physical, and emotional release. Clients may let go of deep-seated emotions, fears, shame and guilt that often result in the relief of such problems as:

- chronic pain
 - alcoholism
 - jealousy
 - arthritis
 - claustrophobia
 - agoraphobia
 - migraine headaches
 - weight problems
 - insomnia
 - **obsessive/compulsive behaviors**
 - chemical dependencies
 - depression
 - sexual dysfunctions
 - Heal Childhood Traumas
 - Heal Past Life Relationships
 - Heal Traumas, fears and phobias
 - Heal from cult abuse
- (fear of being seen, fear, of being manipulated, punished, abused, etc.)
- Healing Blocks to Financial Abundance

You may have a block to your wealth consciousness whether you have money or not, that was created in a past lifetime and keeps you from experiencing your birthright. Many wealthy people go after their dreams and get everything that they ever thought they wanted, and they find themselves very unhappy. Material success is no longer an excuse to the way they can access their freedom. Some also continuously worry consciously and or unconsciously that they will lose it all and go on to affect their health and relationships.

Many of us are learning how to slow down, trust ourselves, open up, soften our heart walls which will allow us to receive a little bit more love and light due to past traumas shutting us down. This increases our abundance containers to expand into a higher light quotient and divine intelligent flow to guide us. Without anything from the past blocking us or holding us back any longer as we evolve.

Self-realization, awakening and accessing more of your expanded consciousness is what heals us. While tapping into your unique inner genius you transform yourself to be a more awakened human being with more compassion, strength and flexibility to flow with ease and grace in these intense changing times.

With the help of Our Golden Age Expansion of Essence Sessions, Katherine masterfully facilitates and guides you to go back to a past life (or forward to a future life), to find, clear and heal what's blocking you from experiencing the ease and grace around true wealth. You can clear blocks to money and wealth from a past life and remember exactly how you achieved wealth in a former lifetime to integrate and embody it in this lifetime in a way that will most serve you.

Access an additional past life of wealth, affluence and abundance and reclaim a life of peace, love, joy, freedom, purpose/Dharma, and prosperity.

More Ways That Past Life Regression Can Help You

- Reconnect with past life experiences
- Helps you understand why you feel a deep connection with certain places
- Explore your past life and current soulmate experiences

- Commune with your future Twin-Soul/Flame/Ray and prepare your life to magnetize them
- Connect and align to your Dharma/Purpose work
- Identify physical ailments you have which may be remnants of past life experiences
- Explore unresolved emotions which have carried through into this lifetime, creating fears or beliefs which you have been unable to explain
- Acknowledge and embrace the key lessons learned through those lives

Healing Inner Child Wounds of Abandonment

- Feels Left out
- Fears being left
- Hates being alone
- Co-dependency
- Threatens to leave
- Normally attracts emotionally unavailable people

Heal Inner Child Wounds of

- Trauma
- Guilt and Shame
- Feels sorry or bad
- Doesn't like to ask for things
- Uses guilt to manipulate
- Is afraid to set boundaries
- Normally attracts people who make them feel guilty
- Acknowledge and embrace the key lessons learned through those lives and gain true wisdom

Our inner child wounds such as abandonment, guilt, trust, and neglect can still be affecting our lives as adults if we do not address them but once addressed, it can be released permanently when a person is open and willing to allow it. Jesus did not heal everyone due to the free will of each individual. When someone is ready, they let go. It is all divinely timed. Let's allow our energies to clear our old belief systems, the density of emotions, judgements, doubts and fears, and everything not serving us from the core root of the problem to make room for not only a new year but a new era. Katherine Lia's Our Golden Age Expansion of Essence Sessions assist clients in clearing childhood traumas, past life traumas, fears, beliefs, emotions that are interfering with our life

purpose, relations, finances, health, career, and past or in-between life regressions or future life progressions.

Comments from Clients

I always thoroughly enjoy my sessions with Katherine. Her deep intuition, backed by many years of study, experience and her own soul searching, create a beautiful space for one to go within, search out truths and find the solutions that somehow seemed elusive before. I highly recommend her sessions to any-one who is ready to transform their lives!

~ Peta, Entrepreneur, Norway

Out of all Katherine Lia's various skills and talents, she has already established at least one major aspect of supreme intelligence. That is her graceful and intuitive power of discernment in having selected our Golden Age Expansion of Essence system she uses, out of thousands of modalities she has studied over the years . . . and in her power of using it to give her client the space in which to focus on his or her own ultimate truths.

Having been a successful yogi with daily access to Ultimate Reality and Supreme Wisdom since the age of 19, it takes a lot to impress me when it comes to the spiritual marketplace. So for me to say that I was favorably impressed with the session Katherine gave me is significant. Unlike typical so-called psychics, she doesn't presume to tell the client things. Instead, she comes with an interesting formula that works like magic to invite the information out of the client himself.

Beyond that, very quickly and effortlessly, the specific type of information drawn forth is of the highest order - - immediately bypassing potentially hundreds of layers of lesser importance, and penetrating directly to the essential center of being.

Hence in the shortest time and with the least words, the process she facilitates delivers the insights of the greatest importance. These are the insights that are central to all others - - and are thus the ones most potent for achieving the widest variety of noble purposes most effectively for the client.

- - Taansen Fairmont, Santa Barbara, California

Katherine Lia coached me through one of the darkest moments of my adult life, resulting in one of the most healing events I've ever known. Her methods, her compassion, and her patience are unlike any traditional therapy I've experienced - and far more successful. Without her guidance, I'm not sure I could have faced my demons and slayed them as quickly or effectively as I did. She is an angel walking among us earthly beings.

Anne - HR Director, USA

Looking back 6 months ago, it's hard for me to believe that I am the same person thanks to Katherine Lia. I had contemplated tying a large rock around my ankle and jumping into the pool. Instead of the rock ending my life it saved me. I was fortunate to find Katherine and immersed myself into the Love Flow Energetics Process. Katherine used the rock as a metaphor for me.

So she began breaking me the rock open, chipping away the layers of old patterns from this life time and past ones, I began feeling lighter, looking younger, my friends all noticed the shift in my energy. Eventually Katherine peeled back the last layer revealing a diamond.

The diamond is me.

She turned my life around completely. My self-worth has skyrocketed. I have been opened up to All possibilities, bliss, the magic and the miracles of life now, by learning a whole new way of being. There are no words really. She is a priceless gem to behold that goes beyond words! I found beautiful, amazing me and more! Love yourself enough to invest and experience it for yourself. She gave me the courage, support, and tools to transform my life into one of unconditional love. I am now following my lifelong dreams and will be opening up a healing retreat in Spain soon. I am so grateful that I met Katherine She is the rock star of life coaches for holistic wellbeing with a unique set of tools that she teaches so you can live every day with ease and grace.

Thank you, Katherine, for transforming my life! Lovelight . . .

~Debra, Healer, UK

Katherine is a clear and heart-felt coach who can help you discover what's blocking you from the fulfillment of your desire, as she's done for so many others! If you're committed to change, you're in great hands with Katherine!

~ David Morelli, #1 Podcast for years; Everything is Energy & Founder of Enwaken Coaching



Contact:



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Schedule link: <https://calendly.com/katherinelia/our-golden-age-expansion-of-essence-sessions>

Fees Are by Sliding Scale Donation. You decide what this permanent new freedom and illumination is worth to you. A suggested guide is 5% of the income you normally receive in one

month. Credit cards are accepted via Venmo @Katherine-Cantwell-2, or checks can be sent by mail. Address for checks available upon request.

Connect with me and leave a message mentioning your interest in Our Golden Age Expansion of Essence Session! You get to choose one topic per session and can ask up to 5 questions if you'd like, although not necessary. Please just send these questions to me via email ahead of our time together.

Disclaimer: These sessions are not a substitute for qualified medical or psychological intervention or assistance.



Katherine's unique brilliance comes as a many-faceted gem. Katherine's many unique brilliances are a gift for all humankind, welcomed by all who seek self-enlightenment. Katherine has the brilliance of deep vision and an acute perception of para-sensory. Most of us only glimpse the veil between the material and spiritual worlds, fortunate if to see the shadows dance on the cloth of events hidden beyond. Katherine has experienced the energy of events beyond the veil. She holds tranquil the dynamic energies of transformation and potentialities. Through her additional unique brilliance of unconditional compassion, she is able to bestow validation and positive affirmation to the journey-work of others, including myself.

Katherine has acquired and dispenses a Spiritual Healing through her hard-won knowledge of modern medical practices and the understanding of traditional healing truths which culminate into a synergistic fusion of compassion, insight, and energetic channeling through the sacred vessel. In writing this I'm reminded of a powerful quote by Joseph Campbell:

"People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive."

Katherine's unique brilliances of deep vision allow her to help others identify these experiences and help us understand their resonances within our innermost beings. I would have to call this facet of her brilliance the "Transformative Brilliance" of the Universal Shaman and Medicine Woman. Thanks for all the blessings, Katherine."

- - Tim Tipton, Artist, USA

Katherine Lia ~ Bio



Katherine Lia is an evolutionary Consciousness Facilitator that combines her life's work, including RN, Certified NLP Life Coach, Certified Clear Beliefs Coach, Certified Money Coach CMC®, a Certified Quantum Healer and Clairvoyant Intuitive, Certified Enwaken Coach of advanced energy medicine, Certified Soul Realignment and Akashic Records Coach, Certified Money Alchemy Coach, multi-dimensional Emotional Wellness Coach for relationships, health and money, and Avesa Medical Intuitive.

She has a Bachelor of Science degree in Health Promotion and Health Education with emphasis on wellness coaching, and more in her own

unique evolutionary healing technology and system of Inner Alchemy Mastery. She is a practitioner of kundalini yoga and an Oracle and Dream Weaver, awakening you into your Spiritual Self Mastery of our modern times. Inner to outer wellness has been her life's work and she is devoted to awakening your unique inner genius. In this role, Katherine is a guide by your side here to expand you into rediscovering all aspects of your Being, including You as your own YOUiverse as an expansive, creative and abundant Being of love and light.

Katherine is big believer in everyone has the power and ability to heal themselves from the inside out, with their own body/mind/heart/soul technologies, greater than any supercomputer that will ever exist. Katherine supports anyone ready to lean in and expand outside their comfort zone to knowing more of who they really are through the mind/body connection and her signature systems called Love Flow Energetics combined with Life Align by Design and now Our Golden Age Expansion of Essence Sessions. Incubating you from seed to bloom, giving you everything you need to know for your awakening towards Spiritual Self Mastery, to you shining as your unique true light and love that you truly are.

Katherine Lia is no stranger to the world of struggle, challenge and suffering, after experiencing a sudden major kundalini awakening that happened in 2001, turning her world upside down over night to unrecognizable. This was the turning point during the demise of her marriage which became her dark night of the soul. Katherine decided to "walk the beauty way" and step foot on the path of her truth to awaken and ignite her passion and purpose again. This time on her terms. "What seemed like the worst thing that ever happened to me became the best thing that ever happened to me."

Katherine Lia is devoted to helping others “walk the beauty way” as part of her energy medicine and intuitive expertise. Her training as a Certified NLP Life Coach through the NLP Institute of California, as well as her capacity to connect on a deep heartfelt level has led her to become a leading authority in consciousness facilitation, awakening the human spirit and creating sacred space for transformational experiences for others. Her mission is to inspire heart centered brave women and men in taking back their magnificent authentic power and choose to experience unconditional love, beauty and truth from the inside out, making their dreams a living reality. Katherine teaches and guides us to knowing how to bring ourselves into the dance of love as we embrace our wholeness now, as perfect, complete and ever-expanding.

***You are the one you have been waiting for!
“May your dreams include your reality!”***



The Freshness of Spring and the Stillness Within

A Vision

by Katherine Lia - 2008

I am the freshness of spring
I have the courage to embrace the stillness within
I listen to the voice of Spirit that lives within me
Every cell of my body is filled with love and light
I radiate grace and calmness
My vibration is a wave that gently extends to those around me
My energy pulses with a new awareness of peace
Today, I plant the seeds of my becoming.
~ A Shaman prayer

Enter a new world and imagine . . .

. . . where man and woman are liberated from pain and struggle. They both delight in each other's samenesses and differences and are fascinated by the mystery and beauty of it all. Simply from our

meeting something unique like never before is created. Together we create new worlds, exactly how we desire it to be by bridging the communication gap of the sexes through high level communication and your magnificent unique self-expression. This is the dance of love.

So, at this time in the evolution of consciousness and how we relate to everything around us. We are now in a position to look within and discover the relationship we have within our Divine selves. It really is that You are the heart center of your own YOUNiverse. We all are. The Universe is responding to our thoughts and actions and how we feel about ourselves. So as we change our inner world our outer world changes.

We have awakened to the realization that the opposites in our duality aren't really opposites, but merely a mirror of one another that we can integrate and unify from within. We have heightened our sense of awareness so we can look beyond the obvious and in doing so we can see what's real. Like in no other time in history, we are conscious that we are conscious. We are ready to create the tools that will build the bridges so all dimensions of consciousness may intermingle, thus opening the doorways of the mind to the endless flow of possibilities and manifestations.

We have come to realize in the chaos of time and space that we are our own creator and the builder of new worlds, where we are multi-dimensional Beings of divine love and light and that we are individually responsible to build the bridges we desire from our own center point (our YOUNiverse). We do that by going within and allowing what is no longer serving us to fall away. What is revealed is your brilliance and your magnificence of Being.

You do not have to do anything, fix it, change it, prove anything or get anywhere. You are it. You are already divine. Once we know who we really are we create from a place of ease and grace, love, abundance and freedom rather than fear, lack and scarcity which causes dis-ease. As you take back your power it feels like a coming home, that we have created Heaven on Earth. When this remembering and awakening happens you realize you are the One you have been waiting for all along. You also realize that you Being You is the solution the world has been waiting for. With these desired bridges working in harmony the world vibrates at a higher level and we work together in conscious cooperation, love and collaboration with one another. Now that's a world that I desire to Be a part of. How about You?

Who are you really?

Who did you come here to Be?

What is your purpose?

Life isn't about finding yourself. Life is about re-creating Yourself on Your own terms the way you choose it to be!

You are the one you've been waiting for!

The time is now!

It starts with you loving on You as the priority!

It is a magically fun adventure of a lifetime, for sure!

What else is possible? Show me.



Let's bring in beautiful changes for you!
I would love to support you in this way.
All you have to do is say, "Yes, YES!" to YOU.
Sending you much love and many blessings!
Namaste,
Katherine Lia

