Attract Your Soulmate

By Mona Wind
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Welcome!

Hi my name is Mona Wind and I'm very excited to be offering you this e-course, Attract Your Soul Mate. This course came from my own personal experience of being in a relationship with my soulmate. My husband is from Denmark and I am from India. We met on the internet in 1993. I was in the United States and he was living in Denmark. For 2.5 years we dated via telephone, chat rooms and seeing each other during vacation. The moment I realized we were soulmates was when I walked into his parents house in Denmark and there was a painting of a little brown girl that looked exactly like me. My now mother-in-law had signed the painting M. Wind and painted it in the mid 1970's when I was born. My husband didn't have a chance looking at that every day!

After so many years of being together, most people think we just met and are dating. There is no coincidence there. It's the way that we be in our relationship that keeps it filled with fun, love, expansion and communion. I wish that for you and am sharing what has created that for us.

Soulmate relationship is quite profound and very fulfilling. Besides finding your life's purpose and peace, having a profound soul mate relationship is crucial to your self growth and experience. It can either bring you up or down. We all have a vision of this perfect person, what he or she looks like, and how they're going to make us feel. It's an intoxicating feeling that is hard to copy. For many people, there is a lot of trial and error. In this e-course you'll learn how to attract the right person for you. It's important that you do the work, otherwise the results will take longer to appear. The five modules are:

1. Soul mate profile.
2. Dig up the weeds part 1.
3. Dig up the weeds part 2.
5. It's time to go fishing.
The course is broken down into 5 weeks. I would suggest doing each section a week at a time to give yourself the space to really benefit from the information. Don't be in a rush to get through the whole course, feel free to do the exercises as many times as needed. Be gentle, this is a learning experience that will benefit you most if you're kind to yourself.

Tools you Need

- Use a journal or notebook that is only for this e-course. You will be exploring different parts of yourself and need a special space to store the information.
- Have magazines of all different subjects available.
- Have time allotted only for this project. Turn off your phones, close the door and take time off.
- Make yourself a priority, so you can create success quickly.

Now let's get excited about this wonderful journey. Here's to your success and happiness!

Best Wishes

Mona Wind
Love is such a powerful and wonderful expression of being human. With it our spirit explodes into full power, unabashed and radiant. Without it we wither away into darkness and death. With love great things are achieved. Without it, war, chaos and turmoil. It is no surprise that we willingly smoke it without any questions!

From the moment we are conceived the act of love dominates our every cell. We look for it in our family, friends and then significant others. We pursue it with vigor and anticipation. Soulmates are both family, friends (not lovers) and lovers (definitely friends). These special people come into our lives to support us to our fullest potential. We connect with them instantaneously and unconditionally and magic happens. In many instances we don't even know why. But a lover soulmate is special and unique. It is the relationship that creating new life and enjoying the sexual experience is possible. This is where great love stories are made of.

Most of us go through life hoping to bump into this person. We do bump into a lot of people, doing the trial and error thing. I often hear clients say that it was a good learning experience as they learned what they didn't want in their life. What if you don't have to do all that rather just attract that person into your life? It's less complicated and gives you less heart ache. If you know the stove top is going to burn, why go experiment with it? To make things less complicated, you have to understand and recognize what your really want in a relationship. Otherwise you'll continue to attract what you've been attracting. Right now you're guessing and wasting precious time in the process.

By quickly recognizing what you really want in a partner you limit the bad experiences and broken heart. Of course you can learn from everything that comes your way, or you can get the learning down quickly and move on.
Coaching For Week 1

I'm sure you have a some idea of who you'd like to attract into your life but what is it based on? Is it based on physical, mental, or spiritual. In reality it has to be a combination of all the above otherwise the relationship is out of balance. Think of some past relationships and their positives and negatives attributes. On a sheet of paper write down the positives and on the other side the negatives. Use the questions below as a starting point.

1. How you feel being with this person 100% of the time?
2. What is the percentage of unconditional love you feel with this person?
3. Are you supported and encouraged by them?
4. Are they negative or positive?
5. Do they have their own life plans and goals?
6. What kind of self esteem do they have?
7. Will you be supporting them more than them supporting you?
8. Can they see you being happy?
9. How well do you communicate with each other?
10. How similar are your spiritual beliefs? How important is that to you?
11. Why were you initially attracted to them?
12. What did you learn from this relationship that was important?

As you consider both the positive and the negative sides remind yourself of what went really right and what went really wrong. There is a specific reason it didn't work and be honest with yourself about it.
Action Steps

You will need magazines of all varieties that interest you, poster board/paper, scissors, glue and markers. Flip through the magazines and notice the pictures of people that you're attracted to. Don't think and judge, just notice. Is it their smile, their radiant glow, joyous disposition and even gorgeous body. I want you to cut out these pictures and glue them to the poster board/paper. Go back to the magazines and now cut out words that have meaning to you. Such as:

Honesty
Truth
Unconditional
Value
Religion
Freedom
Money
Self Sufficient
Family

You get the picture. Go with your gut and grab as many as you'd like. Leave out what sounds good or what you should be putting down. Paste these words onto the board randomly as well. As your poster board dries, you'll notice that a pattern has formed. You're attracted to a certain kind of person with particular values. Those values reflect what's really important to you and what will make your life zing.

Thought for the week
I know what I value and attract it naturally to myself.

Follow Up From Week 1

By now you have a clear idea of what kind of person you really want to attract. This week I want you to sit back and observe who's coming your way. This also applies to any relationship you have. Do these people reflect the expectations that you have or are they just passing the grade?
Whenever a client comes to me saying they want to attract a certain kind of person, I always ask them, what do you have to offer this person that's so special? If you expect the other person to be stable, balanced and compassionate are you all of these things as well?

A spiritual relationship builds you up and reminds you of who you are. Imagine yourself as a large, gorgeous oak tree with strong roots going into the ground. Your roots go deep into the rich soil, both nourishing and getting nourishment. What if all around you were weeds? Growing onto you, draining your energy, and giving nothing in return. How healthy of a tree would you be? How attractive would you be? Those weeds are your patterns and behaviors that have come in the way of attracting the right person.

So the question is what kinds of weed are around you right now that makes you unattractive? Is it the people you're associating with, behaviors that you have, previous actions, self esteem issues, what is it that could possibly stop you from the prince/princess in your life? Yes I know, you're thinking that the person you love should love you unconditionally for who you are, with or without faults. What I want you to consider is that if you're looking for the healthy, long lasting relationship then you have to improve the parts of yourself that will come in the way of that. Otherwise you'll continue to make the same mistakes with this perfect person and the relationships will deteriorate.

Let's start with finding out where you've learned about relationships and how you continue to keep that learning going. What I mean by that is you're still interacting with people that support your relationship education. If you grew up believing that relationships are meant to be fairy tales, more than likely you're surrounded by people who feel the same way. If you believe that relationships are difficult, dishonest, manipulative or if you believe they're loving, generous, kind and compassionate the family and friends you interact with mirror that belief back to you.
Coaching For Week 2

On a sheet of paper write down a list of all the people in your life right now. For each person, I want you to evaluate how supportive they are of your life's relationship goals. Are they people who will bring you up or pull you down with their behaviors, actions and thoughts. This is a very important evaluation as we tend to pick up thoughts and actions from others subconsciously and add them into our lives. If for example your best friend only attracts bad relationships then you'll expect and think that is normal. When you do ask for their advice, what kinds of information do you think you'll receive? If your relatives communicate in a certain way, you'll assume that's part of how it's done. But if you hang out with friends and family members who have strong, vital relationships that will rub off on you as well. You can use their experience and wisdom to add to yours.

Don't be shy about this evaluation. You are not judging these people as being bad people. You're only considering for your own well being what kinds of examples they are of relationships, both with themselves and others. You don't necessarily have to get rid of them, just learn what works and what doesn't. This will provide you with vital information on where you learned and keep learning about relationships. There is a big difference between hanging out with people who have awesome relationships and people who don't. The difference is, they're happy.

Example:

<table>
<thead>
<tr>
<th>Everybody</th>
<th>Healthy Relationships</th>
<th>Good Communicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mom</td>
<td>yes</td>
<td></td>
</tr>
<tr>
<td>Dad</td>
<td>yes</td>
<td></td>
</tr>
<tr>
<td>Auntie Peggy</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>Uncle Joe</td>
<td>yes</td>
<td></td>
</tr>
<tr>
<td>Best friend Susan</td>
<td>yes</td>
<td></td>
</tr>
<tr>
<td>Best friend Kim</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>Boyfriend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relative 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As you look through this list, what have you realized about the examples of relationships around you?
1. What messages do you get from their examples?
2. How has it affected you?
3. If it's positive will it work for you?
4. If it's negative what can you learn from it?

**Action Steps**

This week I want you find one or two great examples of relationships in your friends or family circle and invite each couple out to eat. Really observe their interaction and energy around each other. Ask them the secret to their successful relationship. Why are they together and what allows them to work well together. You'll gain valuable insight into a happy relationship.

**Thought for the week.**

Love is around me and in me.

**Follow Up From Week 2**

As you think about what a happy relationship looks like to you, consider what you need to change or improve about yourself. This isn't a put down of yourself but rather an honest evaluation of what needs to be done.
Week 3: Dig up the weeds part 2.

All gardens are a form of autobiography.
  -Robert Dash

Last week you looked at the relationship examples around you that are influencing you that may be creating weeds in your life. This week I want you to look at the weeds closer to home, yours. These weeds are your belief system that stops your from attracting the right person. Everyone has a romantic idea of perfect relationships. Many women have the tall, dark man on a beautiful white horse set as their romantic story while many men have the image of a beautiful goddess, who cooks, cleans, has stunning children and has sex on a daily basis. Don't you deny it!!

Both sides think that this perfect person is going to complete them, make them whole. The truth is that we're looking for someone who'll give us the undivided attention we need. It's really about what they'll do for us versus what we can do for them. Happy, healthy relationships are a natural give and take of love, commitment, compassion, communication and flexibility. One doesn't have to compromise for the other to be happy. You have to consider that both sides of the coin are alright with the relationship.

Your belief system is the foundation of your relationships. When two people come together they sign a silent agreement of beliefs and values. Those beliefs and values have to be compatible to work well. If they are way out of balance, the relationship will deteriorate quickly. How many times have you been attracted to someone and after a few weeks or months realize that you really don't have much in common? You try and try to make the relationship work but your belief systems are just so different. You might have grown up believing that relationships are meant to last while the other person might have commitment issues. They believe that relationships never last and act it out. Or perhaps you're afraid that you aren't good enough for the other based on watching your parents interact. This is called a relationship blueprint. It's the outline of your belief systems and issues in relationships. By the way, this could also apply to your friendship relationships.
This week let's find out what you really believe about relationships and how it could stand in your way. What is your relationship blueprint? Don't judge or criticize yourself as you do this exercise. Be gentle as that's where all learning happens.

**Coaching For Week 3**

1. What do you believe about relationships?

2. Why?

3. What does commitment, sex, love, friendship, loyalty, money and sharing mean to you?

4. How do you express the above?

5. What stands in your way?

6. What do you need to be your best in a relationship?

7. When are you at your worst?

8. What do you fear most about being in a relationship?

9. How do you act this out?

10. How has this come in your way in the past?

11. How will it come in your way in the future if you don't change it?

I'm sure you've noticed that many of your beliefs are based on the past and others thoughts. You've unknowingly taken them on without questioning their validity and use in your life. All these negative beliefs are based on fear. Fear that you're not good enough. As you consider these fears, think about the ones that are serving you the best. There is always a pay off in whatever we do. If we're scared of commitment the payoff is that we don't have to get involved to find out if it'll work. If you're fearful of not being good enough, then the payoff could you that you don't have to work harder to improve yourself. What's you're payoff?
Action Steps

All these years you've accumulated these beliefs that have stopped you from succeeding in your relationships. It's time for you to let go of them so you can move forward in your attraction process. For each negative belief that you have, I want you to change it to something positive by:

- **Reword the thinking.** If you're saying to yourself, “Relationships are hard work and it's just too much for me.” Reword it into, “Relationships ebb and flow and I have the skills and tools to succeed in them.”

- **Question your thoughts.** Every time you have a negative thought challenge it. Ask yourself the following questions. Is this my belief or someone else's? Do I want to keep believing this? Does it serve me in a positive way?

- **Expect only the best.** If you expect the best you get the best. Keep your thoughts on all the great things you give and get in a relationship.

- **Be honest.** Don't lie to yourself about what responsibilities you have in a situation. The sooner you deal with a situation the quicker you'll move forward.

- **Let it go.** Remember that what happened yesterday is over with. You can make a conscious choice every single moment to change something. You're the one in control, your mind is just a tool. You tell it what to do.

**Thought for the week.**
I control my thoughts and actions, they don't control me.

**Follow Up From Week 3**

Think about what you learned about yourself that you didn't realize? Was it something you already know intuitively? What changes are you going to make in your love life?
So many romantic movies describe love as two people becoming one. Our expectation of someone else completing us is so strong that we become a spiritual radar of possibility. We're looking for that person who will “merge” with us and make us whole. In some situations, desperation comes in and we become reckless with our radar. Anyone will fill the void. If you take care of your own needs you'll naturally be more attractive. Desperate people attract other desperate people. Emotionally self sufficient people attract other emotionally self sufficient people. Who do you want to attract?

What we deeply desire we project onto others. I have a wonderful friend who's going to medical school. For years she wanted to marry a doctor until one day it occurred to her that perhaps her desire was really to be a doctor herself. She valued the profession's work ethic, education, service of others, and financial security. By becoming what she really desired, she's fulfilling her deepest wishes to feel complete. In the process of taking such good care of herself she's attracted a doctor who's emotionally compatible with her. Neither one has to be so dependent on each other all the time. She can enjoy the relationship without any unhealthy expectations. So if your desire is to be adored and supported, perhaps what you're really looking for is that adoration and support from yourself?

No one else can fill you up except yourself. To expect that from them you put so much pressure on the relationship that it's really hard to maintain. This of course doesn't mean that you won't be adored or supported, it just means by providing these necessities directly to yourself your standards of attraction change. You're not this hungry, desperate creature who's needy. (This doesn't mean you're this way right now, but in our lowest moments we can become the above without realizing it) You're free to be yourself and relax.
Psychologist have said that adult relationships are a completion of our childhood emotional needs. So if as a child you felt neglected or ignored, you will naturally look for someone who will give you the attention you want as an adult. If you don't receive that particular feeling, you might think the relationship isn't working out.

**Coaching For Week 4**

Think about what you're really looking for in someone else emotionally. You already have a great idea from week one. Let's take it a step further and find out what you hope to get from the relationship. Imagine you've met the perfect person and he or she is in a relationship with you right at this very moment.

1. What do you feel being around them?
2. How do they complete you?
3. What do they do that makes you feel this way?
4. What does love mean to you?
5. What do you get out of being with this person?
6. How does this improve you?
7. What is the feeling that you're looking from them?
8. How do they remind you for your parent(s)?
9. What do you feel you didn't get emotionally from your parents as a child?
10. Are you still unconsciously looking for that in your relationships?
11. How do you overcompensate for the lack of this support?

You will get a clear understanding of what you're really looking for in a partner emotionally. This is a very important step as it allows you to understand what your expectations are and how realistically they can be fulfilled. Please recognize that no one person can fill you up expect yourself. It's not their job to. Your parents job
was to make you in a complete adult, if they lacked in some area your partner can't take over as the parent for you. You will both suffer in a parent child relationship. The way to overcome this is to start taking care of your own emotional needs and become stronger. This isn't a bashing of your parents, but getting a clear understanding of the patterns you're acting out.

**Action Steps**

As you look at the above answers, what pattern have you noticed? For each emotion that you feel missing in your life, consider what others ways you can get that attention.

1. The most profound way of being loved, appreciated, acknowledged, cared for, regarded, heard, considered, thought about, included, understood is for being in service for others. By giving yourself in this unconditional way you receive what you need ten fold. This week consider what organization you can volunteer for that really needs you. Use your passions and interests as a barometer of which direction to go. I know you're thinking you don't have any time. But in reality you need to find the time to take care of yourself. It will not only benefit you in so many ways, but also the world. What greater thing to be remembered for than your compassion and dedication to others?

2. Focus on letting go of the thoughts and beliefs that are holding you hostage. Now that you've acknowledged them 50% is already done. Challenge every single negative feeling by questioning it's validity.

  * Does this emotion serve me best?
  * What am I really feeling at this moment?
  * What do I really want?

Convert these feelings into something positive by:
3. Really celebrate yourself and your victories. We're spectacular at putting ourselves down, how about you bring yourself up. This doesn't mean you become an egotistical person who believes they're the best in the world, it means really feeling within yourself what a good person you are and acknowledging it. You were born with magnificent personality traits that no one else has. What are they? In some parts of the aborigine culture they don't celebrate going older, they celebrate getting better at something. If there are a great musician they may even change their name to “best musician”. This isn't arrogance, it's receiving the gifts you were born with.

Thought for the week.
I deserve to be happy and loved.

Follow Up From Week 4.

Think of yourself as your perfect mate. What would this mate do to build you up? Ask yourself daily what you really need to be emotionally happy and make it a commitment that day to fulfill that need. To create new ways of thinking takes time and effort, it means loving yourself on a daily basis.
Week 5: It's time to go fishing.

Can you believe it, it's week 5! This is an exciting week, it's where you go out into the world and start reeling in the fish. Of course you have a good idea of what specific kind of fish and what might come in your way. Because you've worked through these bumps in the road, you've become an attraction magnet. There is a process to reeling in the fish. It isn't a random, throw the line whenever and wherever, it's learning how to select the right spot and the right time. I look at this part of the process in three fold.

1. Send out the signal that you're ready
2. Be at the right places where you'll attract the quality of person you want.
3. Have high standards so you don't fall into the same trap.

Sending out the signal is very important, it lets the universe know you're ready and willing to receive. Your signal has to be clear, concise, flexible and open. Clarity is crucial, you now know what you want, send that information out precisely. By being open to possibility you're willing to let the person come in any way they need to. The world has become so small now, you never know where this perfect person is. What I mean by flexibility is the patience to wait for the right person. Take your time with this, desperation leads to unnecessary mistakes. You've already done all that work and don't need to learn the lessons again.

Being at the right place in the right environment is important. You have to have a strategic understanding of where the kind of person you want to meet is. Many try meeting someone at the bar. This can go both ways. Many times, people at bars are really there to have fun and get wasted. In the long run this might not be the most effective way to find someone. Now this doesn't mean that you can't go out just to have fun and party with friends. It just means that if you want someone who's into scuba diving, it might take a lot longer to find them. So the kind of person you want to meet, where are they more likely to be?

So let's say you do meet someone that you're instantly attracted to. You like their personality, find them physically attractive and seem to have the same value system as you. This is where you have to have high standards. If in the past you've been quick to jump into something, then this time you might want to give yourself room and time to know the person. Just because you want to jump their bones doesn't mean that this is it! We often mistake physical attraction for a long term commitment. You can be physically attracted to hundreds of people in your life,
you're not going to marry each of them and raise a family. Having high standards means expecting yourself to have some restraint, composure and patience. It's wanting the best for yourself and taking the time to create it.

**Coaching For Week 5.**

To send out the signal to set the attraction process in motion we'll do a visualization exercise. It might be useful to record the exercise and then play it back to yourself. Try and do this visualization for a week. 3 days at the minimum.

Just before you sleep at night get really relaxed and comfortable. Take three deep breaths and then imagine yourself floating above your body. You floating self rises further up into the sky until it hovers above the planet earth. Now imagine a glimmering golden light emanating from your body. This light goes around the earth three times finally connecting to your perfect partner. Don't judge what's happening, let whoever, where ever this person is be connected to you. Say to yourself, “Let the being whose body, mind and spirit is ready for our relationship hear me. I am ready and willing to go forward with our partnership.”

This will feel a little awkward in the beginning. But it's a very powerful way in connecting with the person you're meant to. If you can imagine it happening, it will create itself.

For step two of the process, being at the right place. Answer the following questions.

1. Where would this person be based on their value system and beliefs?
2. Do I know of anyone who knows this kind of person?
3. Am I already frequenting these kinds of places?
4. What hobbies would they have in common with me?
5. What kinds of places might they work?
6. What kinds of places might they go to have fun?
Use the answers to the questions above as the foundation of where you might meet this person. If religion is a value for you, church groups might be a place where they'll turn up. If you love live music, find places where it's performed in more intimate settings.

**Actions Steps**

- Meet with some of your closest friends and family members and openly discuss the kind of person you're trying to meet. Ask them to keep their eyes and ears open for possibilities. If you're comfortable with being set up, then request that they do. If you're not, just ask them to look out for you. Recruit every person you can trust and feel comfortable with, to support you.

- Join different groups that support your hobbies and interests. Similar interests draw people together.

- Focus on having fun. If you're enjoying yourself, you'll be very attractive to people. Don't take this too seriously, relax and enjoy the ride.

**Thought for the week.**

**I am ready and open to receive my true love.**

**Follow Up From Week 5**

Focus on enjoying yourself through this process. Just keep doing what you've been doing and observe the results. Try not to fall back into old patterns of behavior. Be vigilant about it and you'll see the results you want. Also, have lots of patience.
Congratulations!!!

You've successfully completed 5 whole weeks of Attract Your Soulmate. The hardest part in any part of life is creating it the way you want it to be. Once you have the tools and knowledge you're on your way. Remember the following as you're working your way to success.

**Acknowledge and Praise Yourself Daily**
We seem to be great at pointing out all our annoying parts but how about acknowledging this wonderful stuff you've done. Praise the face that you took the time and effort to do what it takes. It's admirable and inspiring that you're willing to do the work.

**Take Action**
Make it a priority to bring happiness and joy into your life. Take the steps you need to succeed every single day. Do a little here and there and the next thing you know you're there.

**Don't Give Up!**
This is about you living your best life possible. Don't let yourself say no ever to YOU.

**Enjoy Yourself**
Enjoy all the experiences that have come and are coming your way. This is what's great about being alive.

And lastly,

**Stay Positive**
You have so much to offer this planet, keep remembering that every time you feel down. There is no accident in why you were born. Life is a marathon, enjoy running in it.

Good wishes of health, love and wealth to you always.

*Mona Wind*
Biography

Mona Wind is an accomplished energy healer, teacher and Akashic record reader with many happy clients and students. She is known by her clients as the accelerator because of her unique gift to see the core issue almost immediately. She is trained as a Reiki Master, EFT Practitioner, Certified Practitioner of the Akashic Records and Vortex Practitioner. She has a Masters in Human Resource Management. Her hobbies are traveling, hiking, biking, studying different energy modalities and growing orchids.

For more information on any of her services, visit her on the web at www.lifeintegrity.com, email her at mona@lifeintegrity.com or call (781) 438-4078.

"I was introduced to Mona through my brother. At that particular time in my life I needed someone to balance my emotional and mental wellness. The moment I walked into her office I knew I found the person I needed to help me. I felt an immediate connection and also a feeling of security and comfort. Mona has helped me through one of the most difficult times in my life. I am very grateful that she came into my life. I am a different person today because of her. I look forward to spending more sessions with Mona in the future. - Kim Karras

As I sit and reflect on the past year, one of the more impactful events was meeting Mona Wind. She is a wizard and a visionary; a teacher, a guide and also a kind and dear friend. As a fellow energy healer in the Vortex tradition, Mona is gifted. She has also helped me and my children with her use of EFT, a refined intuition and her access to Akashic wisdom. We are lucky that Mona is in our lives and I would recommend her to anyone who has a question which needs to be answered or a crisis to be resolved; her perspective is far more impactful than any other approach I have come across. - Cherish Pratt, New York

I am truly grateful for Mona's services. I have consulted her several times and each time her multi-dimensional yet practical answers have been extremely empowering. Most recently, her profound insight to the cause of a recurrent issue in my life gave me a sense of deep relief inside and I am now seeing great improvement in my situation. I feel I have been set free at last! As a practitioner myself, I have encountered many other practitioners, but I would definitely highly recommend Mona! K. Toronto, Canada
"Divine timing brought Mona to us! My husband and I love to do guided meditations - including cutting cords with Archangel Michael. This worked very fine for us until we had to experience a stormy emotional trauma combined with psychic attacks. In this time of sadness, confusion and turbulence I found Mona's web site. Immediately I felt: This is the answer of my prayer for a helping hand. During the one hour reading Mona found very fast the real cause and emotion of this unhealthy cord which brought us illness, confusion and worries. She resolved it and gave us a shelter belt of protection and helpful advice for protecting ourselves for the first time after this shift! It was unbelievable.

After the reading a wave of inner peace, freedom and joyfulness came over me - and is with me until now - weeks after the reading. After listening to the recording of the reading my husband felt the very same - because he was actually the target of this turbulence. As a consequence he ordered a reading for himself, too. Later he said the reading with Mona is one of the best energy healing experiences he ever have had, and that he recommends Mona's help for everyone who is truly interested in changing and growing, reaching a deep level of spirituality and self knowledge.

We are so thankful dear Mona that you entered our lives to give us support and help. We now know that all things will work out for the best for us. And as we know meditation is a valuable practice for us - we can work with your powerful downloads. Of course we will come back soon. There are a lot of things to clear, to learn and to sort out. Bye for now and Namaste. Thankful Margarete Koester, Saskatoon, Canada"

"Mona's reading of my Akashic records has begun to usher in the highest state of growth I have yet experienced. It's been a week and already my life is organizing itself in new and more efficient ways. I highly recommend the experience, but with the understanding that you are being reorganized on the deepest levels of your being while Mona is chatting with the keepers of the records. It will accelerate your evolution. Enjoy the ride." Amy Tanner, Berkshires, MA