



EMPOWERMENT



# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**April 2nd 2020: Health, Happiness and Healing**  
Through Belief Change

My guest says: "I began life as a change maker but soon gave in to disempowerment as a sensitive being. I developed Lupus at age 19 and at 31 began my awakening journey to a full recovery, curing the autoimmune disease at the age of 36. Coming to understand the mind body and spirit connection and the power of belief and energy work transformed my work as a counseling psychologist. Surrender led me to certain life events, profound spiritual awakening and a dedication to being of service. I am here to assist in the rising of the new earth and empower the people to heal their pain, create their o

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## Featured Guest



### Nikki Gresham-Record

Nikki Gresham-Record is one of the UK's leading spiritual healers as well as a chartered counseling psychologist and teacher of Reiki and Qigong. She developed her Healing InSight method for belief change by drawing on her professional background and her interest in vibrational-emotional healing and the power of belief. She works with a broad client base as well as facilitates workshops. Her new book is Working with Chakras for Belief Change. She lives with her family in Midhurst, West Sussex, UK. Please visit her at <https://www.ngtherapy.co.uk/> and <https://nikkigreshamrecord.co.uk/>

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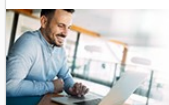
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