



# Lisa Hoskin

Reiki Master Teacher

Hypnotist

Psychic Reader & Medium

Mindset Coach

Tarot Card Reader

Workshop Facilitator



**When you are ready for change, mentors will arrive.**

## ABOUT ME

I facilitate workshops to allow women to come together to experience community, support and spiritual activities.

The goal of the workshops is to aid your healing journey through beneficial shifts in your habits and beliefs that moves you towards peace and joy.

Everyone has a light within them that needs to be nurtured. Nurturing starts with self-care, which is so important and often ignored.

## WHY I CAN

I learned to take care of myself, only after my body was shutting down. Sickness became my teacher.

Like most people, we work too hard, worry too much, feel disappointed and defeated about failed expectations and ultimately start feeling numb. After years of working a demanding corporate career, being exhausted, I was depleted emotionally, physically and spiritually. I learned that this isn't living, this isn't joy, this is perseverance of perceived obligation. My body started to fail and malfunction.

Fortunately, this process provoked me to be awakened.

After experiencing a Reiki Life force energy treatment, I was inspired, curious and empowered to help. I immediately became trained in all the Reiki levels. I started practicing and continued to increase my personal development with psychic awareness, tarot card reading, and hypnosis, including past life regression, life between lives and Akashic record hypnosis. I am honored to help others with the channeling of their energy, their spirit, and their inner light. I now want to share my ability with others.

[www.lisahoskin.com](http://www.lisahoskin.com)