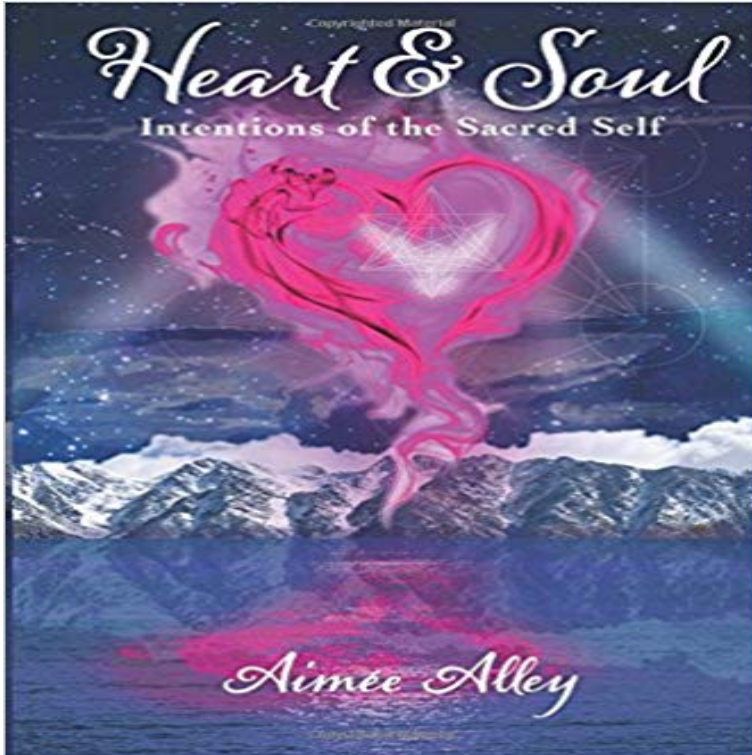


Heart & Soul: Intentions of the Sacred Self



Aimee Alley, Intuitive Consultant, spiritual guide, and author of *Heart & Soul, Keys to Your Sacred Self*. Aimee's passion and purpose in life is to remind others of who they truly are. Deep within all of us is a sacred self, a life force of ultimate worth. Aimee is the fire keeper who helps others remember the Sacred and Divine within them in order to reignite the fire of power, passion and purpose in their own life. Aimee Alley She has been described as an intuitive consultant, spiritual counselor and holistic healer. She is a life-long student of the divine, a deeply spiritual soul and a woman dedicated to helping others create the life of their dreams. Through touch, Aimee can feel and see people's energy, and she has helped countless clients break through the roadblocks in their lives -- physically, emotionally, mentally and spiritually. Her early work with hands-on healing eventually led Aimee into her current role as a Spiritual Guide and Intuitive Consultant, where she works one-on-one and in small groups with people from all walks of life who are seeking greater fulfillment in life. She works at a very personal level, helping each individual travel their unique path to the life of their dreams. Aimee offers private sessions, workshops and seminars on Energetic Healing, self exploration, vision work, Manifesting Dreams, and her signature program Power, Passion & Purpose. She is the author of the acclaimed book *Heart & Soul, 10 Keys to Your Sacred Self*. Written with love and designed to inspire, *Heart & Soul* walks readers through a journey of personal discovery, tapping their unique life experience and wisdom to unlock the keys to a life of joy and fulfillment. She has become a sought-after speaker. As a wife and mother, Aimee understands the challenge of balancing family, work, and care of self with the relentless to-do list that can dominate our lives. She teaches that we

can meet the obligations of life while remembering we are spiritual beings having a human experience. That awareness often begins with out not taking it all so seriously and treating ourselves with the same love and care that we treat others.

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