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sessions in Los Angeles, and at the Four Seasons Hotel Los Angeles at Beverly Hills Spa. \$180, andreamethod.com; fourseasons.com/losangeles/spa

CAROLYN PAIGE
—Certified Hypnotherapist, Reiki Master/Teacher, Metaphysician

A certified hypnotherapist, reiki master, metaphysician and holistic life coach, Carolyn Paige has a master's degree in metaphysical sciences from the University of Metaphysical Sciences in Los Angeles. Her specialties are hypnotherapy, energy and crystal healing, and spiritual development and exploration.

HEALING POWER ♦ The “meta” physical body comprises layers of energy, often referred to as “aura”—a chakra system that runs throughout the body, with energy meridians that circulate and distribute energy (prana, chi, ki, etc.) to the tissues and organs. Paige focuses

her healing work on the client's “meta” physical body and beyond. **HOW IT WORKS** ♦ Paige uses reiki, the Japanese technique for stress reduction, as well as hypnotherapy, to assist clients in making permanent and lasting changes in their actual physical body and mind. “Mind controls body, and body speaks to mind,” she says. “One must seek and find what the message is in the subconscious mind that has now manifested into a disease in the physical body. Then it can be released, reframed or shifted within the subconscious mind, so that the mind can now give a new directive to the physical body to heal.” **APPOINTMENTS** ♦ Consultation in Santa Barbara. \$125, carolynpaige.com

MAHANKIRN KAUR
—Sat Nam Rasayan Healer

At 25, Mahankirn Kaur suffered an accident that left her paralyzed in one leg and riddled with pain so severe she needed a wheelchair. Miraculously, she was able to heal herself with a single yoga position

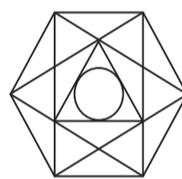
called Mah Boundlotus, which she learned from her mentor, the well-known spiritual teacher Yogi Bhajan. She also studied with the only living Master of Sat Nam Rasayan Healing, Guru Dev Singh.

HEALING POWER ♦ Sat Nam Rasayan is an ancient healing form in which the healer herself goes into a deep meditative state and releases the client's blocks to self-healing, which can be manifested as physical, mental, emotional or spiritual disorders. The result is a release of conflict and restriction and a return to natural wellness. “Our bodies aren't born damaged; they are born healthy. But

internal and external stress creates the damage and problems,” says Kaur.

HOW IT WORKS ♦ After a brief consultation, the client lies down; Kaur sits beside them and, touching their arm, goes into a deep, contemplative, meditative silence. “In this healing process, the goal is to uncover the underlying issue or the core of the problem that is manifesting as symptoms, and to release it,” says Kaur. Some issues have been resolved in as little as one session with Kaur. “I am not a doctor. Sickness is a description for doctors. For a healer, sickness is a state of dysfunction in the system.”

APPOINTMENTS ♦ Private sessions at your home or office. \$300, mahankim.com



RAISING SPIRITS
Medium, Psychic, Shaman

FLEUR
—Medium and Psychic Healer

The great-granddaughter of a psychic, Fleur recognized her own gifts at age 4, when she heard voices, was visited by spirits at night and saw auras around other people. Years later, as a college student, she decided to embrace her gift and became a psychic medium.

HEALING POWER ♦ Fleur performs spirit communications; she connects clients to the spirits of loved ones who have passed on. She also conducts psychic life readings to help clients gain clarity on life questions. **HOW IT WORKS** ♦ Acting as a bridge between the spiritual and the physical worlds, Fleur gives clients any message the deceased desires, and vice versa. “My intention in any session is healing,” she says. “Mediumship can be a powerful aid in the grieving process. Connecting to the other side and knowing that your loved ones are around you can bring great peace and comfort.” In addition, as a psychic, she connects with clients' souls, which allows her to examine their

past, present and potential futures. Psychic life readings can provide answers to pressing life questions and facilitate emotional healing. **APPOINTMENTS** ♦ Private spirit communications and psychic readings in person and by phone. \$250, mediumfleur.com

JASON FRAHM
—Shaman

A spiritual life guide, meditation-yoga teacher and healing practitioner for 15 years, Jason Frahm spent the last nine years working with a family of high shamans in the Andes of Peru. He specializes in shamanic wellness practices, chi kung, meditation, bodywork influenced by tai chi, and cranial sacral energy work.

HEALING POWER ♦ “It is said a shaman has one foot in this world and one foot in the mystical world,” says Frahm. Shamanic sessions can include personal and group ceremonies, energetic cleansing, past-life healing, soul retrieval and cranial sacral energy therapy—all designed to help