

Alyssa Malehorn Bio + Description of HOW OLD IS YOUR SOUL?

Alyssa Malehorn is a spiritual teacher, soul guide, psychic medium and divine transmitter of healing energies for the purpose of illuminating and demystifying the path to enlightenment. She is a catalyst for transformational healing, wisdom, and joy for individuals and groups worldwide.

These skills allow her to foresee and understand events and issues, large and small, and interpret their spiritual meanings for her clients and students. She is also a certified master teacher of Reiki, as well as the creator of another energy-based approach she calls channeled light healing. Malehorn's methods are designed to bring mind, body and soul into a state of unity, healing and balance. "It could be called soul psychology," Malehorn says, "but really, it's about awareness, light, and spiritual awakening; waking up to your true nature, to your authentic self."

Based in Austin, Texas, Malehorn has built an international reputation for helping people connect with Source energy, remove fear and find their true, lighter nature. Her worldwide client base ranges from CEOs to schoolteachers to rock stars - some of whom have become her students in the healing arts. Clients consult with her at her office, via phone, skype, in workshops or in her increasingly popular online spiritual training program called Spirit Within, where members can access over 50 guided meditations, over 60 video lessons and a weekly State Of The Universe video - all for free. In addition, for a nominal monthly rate, members can connect with Alyssa live during weekly guided meditations and Q&A's via Facebook Live.

In individual sessions and in gatherings, she says, "I essentially beam the light that allows people to see clearly so they can perceive events, patterns and their overall lives in a more accurate way. "Energy is really all we're talking about," she explains. "We're talking about the energy of love and the energy of light."

Malehorn discovered early on that she experienced energy in a way others around her did not. Like the child in the film, *The Sixth Sense*, she really could see dead people. "They would gather around my bed; I was a very scared child," she recalls. Growing up Southern

Baptist in Louisiana, she didn't understand her gifts or how to direct them. As she got older, she delved into studying religions and spiritual practices; the healing arts were a natural progression. She says, "I just knew that I had to understand myself better and that being in service was my path."

It worked. While studying massage therapy and energy healing in the 1990s, she learned how she could manage the visitations, over-empathy and constant flow of psychic information she received. "I found a 'regulator' switch," she says. "I was able to balance myself and my energy so I could lead a relatively normal life!" Malehorn continued to provide spiritual and healing work for friends and family, but when the latter encouraged her to focus more on using her gifts, she finally decided to do it full time.

Her reputation spread quickly, and soon, she expanded to radio, with a popular weekly CBS radio show. But regardless of which form her work takes, Malehorn says her mission is the same: to empower, educate and enlighten. And enlightenment, she says, comes down to "perceiving reality without fear."

"It's natural for all of us to be intuitive. It's natural for all of us to have clarity on many levels," she explains. But if our lives and souls get cluttered, Malehorn helps pull us back to the light - to the positive aspects of our being. "Everyone is their own inner guru. We all have the innate ability to find the light within," Malehorn says. Her job is to show us how. And she's happy to lead the way.

She lives with her spiritual partner, Zack, in Austin, Texas. For more information, programs and live events: alyssamalehorn.com.

HOW OLD IS YOUR SOUL? THE ESSENTIAL GUIDE TO THE LESSONS, GIFTS AND ARCHETYPES OF EVERY SOUL AGE
What does it mean to be an old soul? How do we become one and why? In this revolutionary new work, spiritual teacher and psychic medium Alyssa Malehorn illuminates the divine framework and process behind the healing, growth and inevitable enlightenment of the human soul. These timeless truths provide clarity and support for those seeking to understand and develop mastery over their inner

world and effectively ride the wave of soul progression.

Now available for the first time in print, these leading edge tools and techniques will help you rediscover your authentic soul self. Receive step-by-step guidance and divine transmissions of healing energy. Experience the transformational affirmations, mantras, mudras and guided meditations provided exclusively for readers of this book. All of these tools are specifically designed to address the issues that arise as we travel through the entire spectrum of soul ages.