

AUTHOR BIO

Paula Rosenfeld

Paula Rosenfeld, Awakened Certified Oneness Trainer, is passionately dedicated to helping people become happy, healthy, and fulfilled. She launched her private practice, From The Heart Center, LLC, in 1992. Her vibrational tool kit includes ancient shamanic healing techniques, energy balancing, intuitive consultations, coaching, teaching Oneness courses and meditation, and inspiring people through the written word.



As a practitioner of the shamanic methods of Soul Retrieval and Extraction since 1994, Paula has assisted over 1000 people and animals in recovering from trauma and connecting with what is sacred to them. Additionally, she leads shamanic journey circles that support direct experiences of healing and guidance through individual communion with spiritual guides.

Paula's awakening in 2013 at Oneness University in India ignited an even deeper desire to assist in the transformation of world consciousness. As a Certified Oneness Trainer, she initiates people to become Deeksha Givers, giving them an opportunity to rapidly grow in awareness and happiness, and to help others grow as well.

Paula's practice and teaching extend globally. All individual sessions can be done by phone, Skype, or in person in the Chicago area. Her website is www.fromtheheartcenter.com.