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DO YOU GIVE TOO MUCH? ARE YOU OVERLY SENSITIVE AND UNDERVALUED?

Arienta's Newest Book for Lightworkers Lays Out the Path to a More Rewarding, Balanced Life

San Francisco, CA (January 15, 2016) — A bestselling author, psychic and popular teacher, **Sahvanna Arienta** has been a revolutionary force for change in the lives of her worldwide clientele and her readers. Her groundbreaking first book explaining the role of the Lightworker is considered a masterpiece, and her newest title, *Lightworker Relationships: Creating Lasting and Healthy Bonds as an Empath*, leads the way to a more harmonious and enjoyable existence for those highly empathic souls who are focused on helping and healing others.

Overwhelmed with sensitivities and emotions that come with having acute spiritual natures and a compulsion to serve others, many Lightworkers become so caught up in their inner calling to heal that they create a cycle of sorrow in their relationships by overlooking the importance of receiving love and maintaining healthy boundaries.

Lightworker Relationships helps vulnerable people to:

- *Balance the human and spiritual experience*
- *Create healthy boundaries and human connections*
- *Learn to receive love*
- *Manage the challenges of super sensitivity*
- *Clear personal blocks and trust intuition*
- *Identify and live a divine mission and a life's purpose*

Peaceful supporters of humanity, Lightworkers often find that they love generously, yet rarely feel valued, even as they respond to the needs of others. In her books, workshops, readings and private counseling, and in her new book, *Lightworker Relationships*, Arienta teaches these gentle, giving souls to fully use their intuitive skills while living a joyful, rewarding life.

— more —

Arienta said, *“The Lightworker’s mission is to lend light energy to our planet, which is heavy with fear and negativity. Lightworker is not just a broad term or label, but a clear and defined role for unique souls with different levels, intensities and missions.”*

About the Author: Sahvanna Arienta is an internationally known psychic advisor, spiritual counselor, bestselling author, and teacher. She teaches workshops and is a frequent media guest and the founder and creator of Soul’s Journey Radio. Arienta is the author of:

- *Lightworker: Understand Your Sacred Role as Healer, Guide, and Being of Light*
- *The Lightworker’s Source: An Enlightening Guide to Awaken the Power Within*
- *The Blessing of Deeksha: Initiate Your Journey to Awakening and Share the Gift of Oneness*

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Title: *Lightworker Relationships: Creating Lasting and Healthy Bonds as an Empath*

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Author: Sahvanna Arienta

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