

EMPOWERING YOUR LIGHT

a workbook for self-discovery



Dr. BethAnne K.W.



“TAKING THE TIME TO LISTEN
TO OURSELVES IS HOW
WE LEARN OUR PERSONAL
ARTISTRY OF BEING.
IT IS HOW WE HONOR
OUR OWN SELF AND PACE.
IT IS HOW WE LEARN
OUR UNIQUE HEART LANGUAGE
AND BEGIN TO EXPRESS IT.
THAT IS WHAT SHOWING UP FOR
OURSELVES IS ALL ABOUT.”



Hello bright soul!

Did you know that you have light inside of you that can only be shone in this world through your unique being?

And did you know that you hold universes of untapped wisdom and knowledge inside of yourself?

It's true, you do! Each of us does when we learn to work with our hearts and receive their intelligence and wisdom.

Our heart is a gateway you see. That travels us to many places including our soulful self, our spiritual connection, our collective wisdom from our past, and the absolute sentience and communication from the magic of nature, the magic of the earth, and the magic of the sky and ethereal realms.

And we access this gateway to our deeper potential every time we go within, listen to our hearts, and make space to discover its mysteries.

That is why I created this workbook-- to help you connect with your exquisite light in new ways, experience yourself, and uncover the treasure of you.

When we take the time to develop our self, to learn the language of our heart, and to focus on our growth, healing and potential—

We are creating opportunities to live more soulfully, bravely, and authentically.

This is like giving the universe a giant-- "Yes please! I want to live a beautiful, juicy existence where I feel I am truly fulfilling my potential! Sign me up now!" -- through our willingness to show up for ourselves and engage in the sacred art of going within.

That's what this mini workbook is all about!

Carefully crafted with joy and love, this is a creative mix of inspirations, intuitive writing prompts, heart activations, and discovery activities to help guide you on the path, so you can tend your heart with care and delve into your truth.

Use these inspirations as a springboard to dive into yourself, discover the hues of your heart, and create beauty within the artistry of your palette.

Let's live Bright, Brave and Big together!

Dr. BethAnne K.W. ♥



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Poetry Inspiration

CATCH & RELEASE

My dear one, it is a brave,
big world if you let it.
Filled with scopes
that collide in our nights,
filled with lights
that multiply our scopes.

Each one of us a
jubilation of kinetic creation
(a soul's evolution)
told in the tales
of each personal revelation.

We keep waiting for a
destination, but the time to live
to breathe, to be is *Now*.

We can't realize the truth
Found in existence
without learning
to sink into sound, and touch,
and taste, and sense, and seek--

My dear one, you have been
called here to live, to feel,
to learn to see.

Each day a variegated dance
of catch and release,
a journey of discovery
intensity, tenacity, epiphany- -

So, you can learn the truth
of what it means
to BE.

Intuitive Writing Prompts

Use these writing prompts as a doorway into your deeper self.

Let your intuition guide your responses by allowing for the flow of whatever comes through. This isn't about judging what you write or interpreting while you're in the middle of writing it—this is about staying open to what your intuitive, sensing feeling self has to say.

Allow thoughts to flow in long streams or small words or full sentences or artistic pictographs—or however you best do you!!!

The idea behind intuitive writing prompts is to explore your inner terrain without attaching expectation to how things should look and instead allowing the process of writing to be non-linear, heart-centered, and focused on the art of exploring your truth.

1. What does it mean *to do* vs. *to be*? Thinking about a time where you were actively engaged in doing. What does 'doing energy' feel like? Where do you notice that in your body? Think about a time where you were actively engaged in being. What does 'being energy' feel like? Where do you notice that in your body?
2. What do you think about the perspective that life is a collection of experiences, and our soul is collecting new experiences as we go? Does this idea open up any space for you in your life? How might it feel to be an experience finder and soulful collector of each day? Write down any thoughts, feelings, and ideas you have around this.
3. In the above poem there is a line that says 'each day is a variegated dance of collect and release.' What does this mean to you? What do you think about the idea that we are constantly breathing in our experiences and then exhaling them so we can welcome in new experiences?
4. How balanced do you feel with the energies of activity versus receptivity in your life? Many people struggle with receptivity, because they feel like they aren't being productive or accomplishing anything, and yet receptivity is how we make space to receive from our deeper self, receive from spirit, and allow good things to happen to us in life instead of always striving for good things. So, how could you redefine your perspective on 'receiving' in a way that supports your wholeness of being?

(Need more ideas on redefining your perspectives on receptivity? I gotcha covered! Make sure to read the following section *Life Allowance: 6 principles for living abundantly* to dive deeper into this concept.)



“THE FEELINGS AND INSIGHTS
AND DREAMS AND HEART STATES
WE SOMETIMES DISMISS, DISREGARD,
& DISCOUNT— BECAUSE WE
DON’T UNDERSTAND THEM—
ARE OFTEN INKLINGS OF SOUL
HELPING US PAINT OUR FULLER
PICTURE. THEY DON’T ALWAYS
HAVE TO MAKE SENSE.
THEY ARE HERE TO HELP US DELVE
DEEPER INTO OUR MYSTERIES,
SO WE CAN BETTER KNOW
OUR DEPTHS.”





Life Allowance: 6 Principles for Living Abundantly

This section is adapted from an article I originally published at [Sivana East](#), and I felt called to include it in this workbook to explore how we can better learn to receive from ourselves and our lives and value our process of being.

A process I feel is important to highlight, because the sacred art of going within is ALL about creating space for receptivity and deeper being.

Since we live in a culture that overvalues producing and doing, many of us have overdeveloped the side of ourselves that is action-oriented, creating patterns of stress, fear of not doing enough, and a constant stream of activity in our lives.

Not only does this keep us from being fully present in the moment, but it also gives life less space to happen and less room to unfold.

Having an open, spacious, and spiritual relationship with life means learning to trust, slow down, and allow good things to happen instead of always trying to make good things happen.

Here's six principles to help examine our relationship with activity and look at ways to create more receptivity in our lives, along with a self-reflection prompt to encourage your own reflection on how these principles might apply to you.

1. Learn to Live at the Pace of Love

“What would it look like to live at the pace of love?”

My mentor asked me this question a few years back, and I couldn't even begin to fathom the answer, as I had packed my life so full, I had inadequate room for my introvert and intuitive needs. My nervous system was perpetually fried, my brain craved space and silence, and my soul thirsted for nourishment.

I have found that each of us has an essence and a way of being in the world that is unique. Living at a more loving pace means honoring that essence, knowing who we are and respecting our needs, even if they run counterculture.

For many of us, this means slowing our pace, reevaluating our motivations behind what we fill our life with, and learning to **be** in a moment instead of **do** every moment.

Self-reflection: How could you live at the pace of love more in your own life?

2. Rethink the Construct of Time

In a society where we are taught what it means to punch the clock from an early age, we have developed a belief that time is a quantity and a scarcity.

We focus on having a lack of time, instead of looking at time as an abundant resource. Changing our relationship with time means changing the way we view the construct of time and our beliefs about time.

The universe will not withhold the good things that are meant for each of us on our soul path, and so we don't have to rush to make those things happen, we just have to stay open and keep showing up.

Can you imagine the shift that would come if time became an ally who gently guided us with intelligence and wisdom and its own sense of perfect timing? What if instead of focusing on not having enough time, we started each day with the thought: I will have all the time I need today?

Self-reflection: How could you change your relationship with time to better support you?

3. Release Expectations of Self

Sometimes we get in our own way with self-imposed expectations. There's so much fear surrounding the release of identity and ego, effort, and results.

It's hard to let go of our notion of what we "should" be doing and accomplishing. And yet, I have found that when we try and make things happen by force, we go against our own flow and end up feeling like we're trying to ride a bicycle up a steep and rocky hill!

There is a right timing for everything, and when something is right things have a tendency to simply fall into place. Trusting life's process doesn't mean letting go of our dreams, goals, and visions for self, but it does mean releasing urgency and "I have to" and our own timetable; trusting that life will allow those visions to unfold when the time is right.

It is the difference between trying to bike up that steep hill or biking on a smooth, flat path. We are the ones who still need to move the pedals, but there is a beautiful ease and synchronicity to it.

Self-reflection: Are your self-talk and self-expectations helping you struggle or helping you flow?

4. Let Go of how Things Should Look

When we have a certain way that we think something should come to pass, we automatically put conditions and restraints on life.

We also give up a piece of our personal power, because we attach expectation to outcome, which inevitably creates a rollercoaster effect of feeling good when things go the way we think they should and feeling bad when they don't go as we wished.

While disappointment and being let down are natural parts of the human experience, and sometimes it's impossible not to have expectations, staying aware of our own sense of expectation, and relinquishing it when we can, creates a lot more space in our lives.

It also allows us a deeper, more grounded sense of inner peace, which transcends circumstance.

Self-reflection: How has life looked differently than you thought it would? What have you learned about your ability to let go?

5. Stop Trying so Hard

If it's in your heart, if it brings you joy, if it makes your soul sing, then, by all means, do it.

But if what drives you is fear of not being enough, fear of not being relevant, fear of not being seen, fear of letting others down, fear of not meeting somebody else's expectation, then maybe it's okay to take a step back and reevaluate.

Maybe it's okay to reflect on your motivations. Maybe it's okay to consider whether it takes from you or gives to you. Maybe it's okay to take a break from doing so much.

Maybe it's okay to give yourself permission to stop trying so hard, breathe in something bigger than just yourself, and trust life to carry you.

Self-reflection: Where could you relax your grip in your life and receive from life instead?

6. Give Life Space to Happen

Nature is a beautiful teacher of this principle as each season has a rhythm and timing all of its own, which cannot be forced.

So, it is with us, and when we have desires of the heart and intentions we would like to manifest, we need to give life a little space to work its magic when the season is right. So often we want the answers, and we want the manifestation right now, and our own impatience causes us to try and produce results when it often just isn't the right season.

It can be scary and achingly vulnerable to spiritually trust that if we simply show up, stay open, and meet each day the best we know how that life will bring us what we need to actualize the desires of our heart. And yet that kind of trust is exactly what allows us to co-create with life; we show up and do our part and we trust life to do its part.

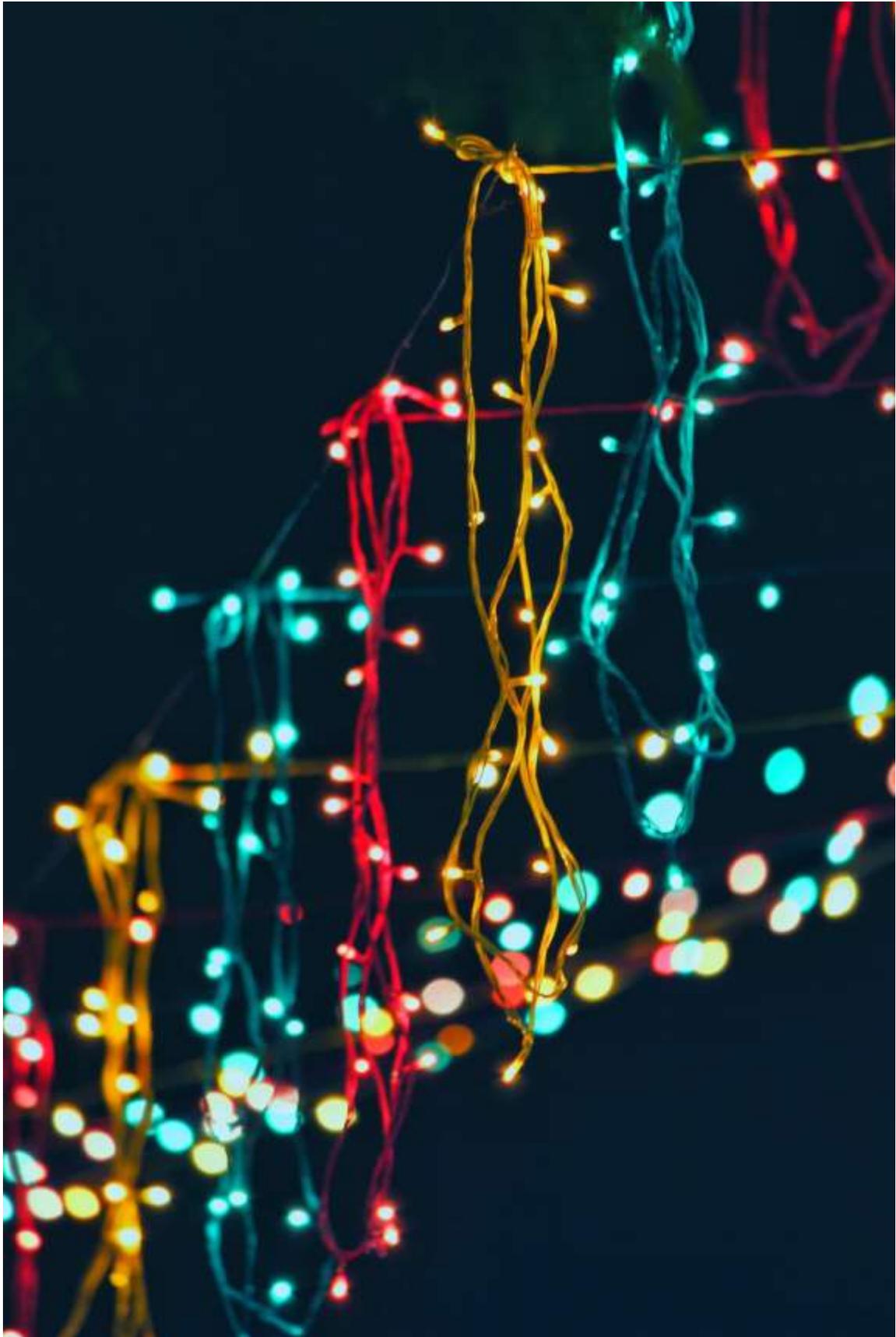
Trusting that whatever alchemy occurs will grow into whatever creation it's meant to be.

Self-Reflection: How comfortable are you yielding to life and leaning into life's timing?



“IT’S OKAY NOT TO KNOW.
NOT TO SEE THE PATH.
NOT TO UNDERSTAND WHAT
YOUR HEART IS TELLING YOU.
NOT KNOWING IS THE SPACE WE
NEED TO BE IN ORDER TO
DISCOVER AND RECEIVE
SOMETHING NEW.
AND DISCOVERING AND RECEIVING
SOMETHING NEW IS HOW WE
CHANGE, EXPAND AND GROW—
WHICH IS EXACTLY WHAT
WE ARE HERE FOR.”





Self-Discovery Activity

DO SOMETHING NEW TO INSPIRE YOU.

Movement helps create inspiration.

It introduces shifts in perspective, action, or thought that begin to ignite inspiration's flames.

So, this self-discovery activity is to simply do something new to inspire you.

If you've been musing on joining a self-development class, reading a new book, or exploring a new spiritual, healing, or creative outlet —go for it!

You won't know how you'll feel until you try, and if you treat this like a fun experiment in discovering yourself then you trade expectations for curiosity and observation.

Creating movement doesn't always have to be something big, remember that tiny shifts lead to inspiration too.

Color in an adult coloring book. Dance while making dinner. Watch or read a new genre. Make a list of your favorite memories and allow yourself to notice the good feelings they bring up in you.

Do something you do every day in a new way: take a different route to the store, be more mindful on your evening walk and see what you notice, and do something with intention instead of automation.

Whatever you do, try and mix things up!

Remember that inspiration isn't linear, so you might not catch a big wave in the moment, but by creating movement inside of your daily routine through novelty and new perspective—

You're creating greater space for your waters of self to flow and support inspired growth.

Higher Perspective:

I asked spirit for a special message to weave into the pages of this workbook: *what do you want us to know about empowering our light at this time?* The following is the beautiful message that flowed in. I hope the words inspire and ignite you to continue to discover and develop a relationship with your soulful self.

* * *

THE MESSAGE

The more you empower yourself to work with your light, the more your light can empower you.

This is how it works: **The light is within you. It is around you. It is everywhere.**

Pools of golden light weaving your world into elasticity, animation, and shape.

The same light that lives in you, lives in each of us, lives in the Great Creative Being—and so you are connected to all things, at all times, when you learn to trust the light within.

And when you go within and you acknowledge the light—*hello light!*, treat it like a friend—you are actively engaging in a relationship with the intelligent divinity that resides inside of you.

And each time you do this you grow a little more bright.

You grow a little more clear.

You grow a little stronger energetically and able to hold your center and act as a vessel for the light to shine through.

This is the soulful work you do when you engage in self-journeying. This is the spiritual work you do when you wisely take the time to develop yourself and your gifts.

This work is not foolish This work is not wasteful. This work is not for the faint of heart—

It is for those who seek to live in truth. Those who seek to live in greater sovereignty. Those who wish to be powerful vehicles of love in the world.

And who are “those” of which we speak? It is you. It is you. **It is each one of you who reads these words.**

It is you.



“STICK WITH YOURSELF.
STICK WITH YOUR PROCESS.
TRY SOMETHING NEW IF YOU’D
LIKE TO SHAKE THINGS UP.
DO IT FROM A PLACE OF
OPENNESS AND CURIOSITY.
GIVE YOURSELF PERMISSION NOT
TO KNOW FOR A WHILE.
WHATEVER IS IN YOUR HEART
WILL OPEN AND BLOOM AT
THE RIGHT TIME, AND
IN THE MEANTIME—
THERE IS THE GRACE OF THIS
MOMENT TO BE HAD.”



everything
is
connected

Video Wisdom: Work Your Light

WORK YOUR LIGHT: BUILD YOUR COSMIC CONNECTION

You want to develop your sensitivities, feel magically intuitive, and be empowered to know when spirit is speaking to you... yet you sometimes aren't sure if it's real or if your mind is just tricking you. Sound familiar?

I feel you. Been there. Done that. Occasionally still do when the volume of the world gets too high.

And I definitely know how the doubts of the mind can undermine our spiritual growth and keep us from feeling equipped to work our light and feel magically, cosmically, unicorn-like connected.

But as an intuitive channel and spiritual guide I know that the energetic and ethereal realms are communicating with us all the time!

The universe is a chatterbox, who wants to speak truth to our heart and guide us on the journey, and we can learn to listen.

Join me in this short video where I share two incredibly simple ways to grow your spiritual awareness, so you can begin to tune in with more presence and intention.

[Click Here to Watch.](#) Or just click on the picture below.



Heart-Healing Activation: Superheroes

“We have to learn to see ourselves as the heroes in our own stories. Even if we’re the underdog story, we have to learn to see the resilience, grace, and diligence it’s taken to get this far.

We have to learn to realize that inspiration isn’t always a blaze of glorious flame but can be a quiet spark we nourish and nurture with our persistent affirmation and self-belief.”

The words above are from a post I wrote a few years back and when I ran across them recently, I had this vision of each of us walking around in superhero capes and crowns without realizing it.

Because it takes courage to be a soul on a human journey, and it’s easy to forget that in the Eyes of Love we are already whole, already enough, already magical, and doing beautifully navigating our individual paths.

And each of us is worthy of a cape and crown that represent the super-power that is YOU.

So, in this heart-healing activation, we are going to have a little fun remembering that we have a cape and a crown and reclaim our soulful garments of sovereignty and magic.

Begin by finding a quiet space to sit and be still as you close your eyes, place your hand on your heart and begin to focus on your breath.

When you feel more centered and grounded, begin to imagine your magical cape. *What color is it? What texture is it? What weight is it?* Stay with this imagining for however feels good and fun to you.

Then when you have your cape affixed in your mind, move your attention to the crown on your head. Imagine the look of it. The feel of it. Does it have gemstones? Is it made of precious metal? Or flowers? Or etheric like rainbows?

Allow yourself to envision from a space of place, curiosity and joy. And if you’d like to throw in a magic wand do that as well!

Stay with this for as long as you need to re-connect with your inner divinity.

After you open your eyes, you might like to jot down in your journal anything that came through. And if you’d like to take this a step farther, you can use the following prompt:

“What are my heart’s superpowers?”



“DON’T DISTRUST YOURSELF. OR
DISCREDIT YOUR DREAMS. OR DISMISS
THE PIECES OF YOU THAT YOU ARE
SLOWLY GATHERING, EVEN IF YOU
DON’T ENTIRELY UNDERSTAND THEM.
YOU ARE DRAWN TO THEM FOR A
REASON; THEY RESONATE IN YOUR
HEART. BECAUSE EACH COLOR AND
LINE AND SHADE AND TONE IS
WORKING TO CREATE A FULLER
PICTURE OF YOU—
YOUR SOUL IS YOUR CANVAS AND
YOU ARE THE ART.





Mini-Intuitive Reading

I pulled a few cards to gain some intuitive guidance and insight and asked the questions:

1. What do we most need to know in order to empower our light?
2. What most often gets in the way of feeling empowered by our light?
3. What does Spirit most want us to know about this topic at this time?



(cards via the [Synchronicity Oracle Deck](#) by Cathy Nichols)

✧ Card 1: Soulmate | We forget that soulmates are not always another person and that our soulful **union with ourselves and spirit is our truest soulmate relationship** when we spend time and energy cultivating it! We can best empower our light by going into our inner tent of wisdom, spending time discovering our inner world, getting to know ourselves, and discovering the vastness of our inner universe of magical truth.

✧ Card 2: Spring Reversed | We are hard-wired for glorious growth, just like the springtime, and yet the reversal of this card indicates **we block our own growth when we get in the way of ourself**. We staunch our growth with self-doubt, second guessing, and feeling others are more magical than we. *We forget that our greatest source of power is just being our most authentic self.* And it's only when we can get out of the way of our own mental chatter and listen to the truth of our heart—our light flows, grows, and blossoms, effortlessly and fruitfully.

✧ Card 3: Storm | I just love this card, because it's a reminder from Spirit that **in the storms of life our light potentially shines most bright!** The storm is where we get a good energetic dust-off, so we can shed old truths and find our diamonds of truth. The storm is where we learn that the light within can never be dimmed. *The storm is where we become wiser and develop the kind of inner strength that shines like a beacon to others.* And don't forget— we help others through their storms simply through the act of being a light in this world.

Writing Inspiration

EXPERTS

I can't stop being me, just because somebody doesn't understand me. Just as you can't stop being you because somebody doesn't understand you.

We need to be ourselves in this life- it is the only path to authenticity there is.

Trying to stoop lower and reduce yourself to meet somebody where they are at will only serve in making you small. Just as trying to reach down, do the work for them, and pull somebody up to meet you where you are at will only make you realize how tiring it is to carry somebody.

We are who we are and where we are, each of us navigating our paths according to our own dictates of heart and soul.

And so, it becomes important to recognize those who have a parallel journey we're meant to walk besides, and those whose paths split from ours, each of us free to move in the direction that resonates.

I believe this is one of the hardest lessons to learn in life. To grow beyond a model where we seek other's validation and approval. To do the work of self so diligently that we turn inwards when our buttons get pressed, and instead of saying, *how can they act like that*, we learn to say, *what is this triggering inside of me and how can I bring healing to this space*.

To find the courage to simply be ourselves and to find the courage to let others do the same, recognizing this as a two-fold process of courage. **Because it does take courage to let go.**

It does take courage to recognize others will see you through a distorted lens and that you may see them through a distorted lens. That you can't do a thing about the cloudiness of their lens, but you can work to keep yours clean and let those times it clouds become a teacher.

We must do this work in order to free ourselves. In order to embody ourselves and learn to be our own experts.

And as time goes on, those that don't understand you may still sting or hurt or ache a bit, but the benefits gained from walking your own path will become so great you wouldn't want to go back.

And any words of dissuasion that others may say will begin to pale in lieu of the magnificence of you claiming your own brilliant light.

Intuitive Writing Prompts

Here's a few more prompts to help you reflect, feel empowered, and identify affirmative ways of thinking and being that truly support your journey. Feel free to work with all of them or the ones that call to you!

1. What inspires you? Write, list, draw, collage, or just contemplate all the places, people, colors, elements, memories, objects, and anything else that brings inspiration into your life. Notice how you feel just exploring this question. I'm guessing a little inspiration will start stirring from the simple act of cultivating and compiling your own inspiration collection!
2. What is one thing you can do to facilitate a deeper sense of belief in yourself? Explore steps you can take to grow your relationship with self-belief. You might say a daily affirmation, make an inspiration board, list all your beautiful accomplishments, or set a concrete goal that is relevant to your journey. Whatever you do, the goal is to delve into your heart magic and cultivate your relationship with self-belief.
3. How are you being called to show up in your life right now? Explore what showing up means for you at this point in time. There are millions of ways we can show up in our lives, and there is no right way or wrong way to show up- there's just YOUR unique way. So, reflect on where you are in life right now, what you need to be present with yourself, and how you can ignite and show up for your heart magic.
4. Reflect on this statement: I am a limitless being who is worth my time, energy, and exploration. What do you think it means to be limitless? Do you treat yourself as something worth exploring? Why or why not? How could you change this? How could you see yourself as a magical creature totally worth your respect and discovery?
5. When do you feel most alive? When do you feel most connected to yourself and your soul? When do you feel most passionate and excited? While not every moment on our journey is a mountain top experience, I find that it helps to identify when we feel the liberated, authentic, and tuned in, so we can keep finding ways to bring more of that energy into our world and daily life.
6. Write about what it means to be your own expert. What do you understand and know about yourself that others may not understand or see? What do you think about the idea: we can't be fully seen by another until we fully see our own self? Are there parts of yourself you might not be seeing? How can you better learn to see yourself with a fuller gaze?
7. Read and reflect on the following mantra. Consider how working with these words might bring more grace and ease into your relationships with yourself and others-- "I free you not to have to meet my expectations of you. I free myself not to have to meet your expectations of me. May we be safe, well and guided to our soul's highest truth."



Soul-Care Activity

HAVE A GOLD STAR DAY.

Remember how we used to receive gold stars in school when we did something great?

This soul-care activity is all about choosing a day where you look for your gold star moments.

Here's the caveat: *try and find as many gold star moments as you can in ordinary things.*

Go out of your way to see all that you do through a gold star lens.

We often fail to give ourselves credit for the tiny moments that compose being human, yet those tiny moments are where our gold lays.

So, give yourself credit for as much as you can!

Whatever you feel during the day—give yourself a gold star for allowing feelings in.

If you have a day of routine and work—give yourself a gold star for adulting.

If you notice the sky, have a good meal, or do something kind for your body—try and see how each moment is deserving of your recognition and celebration.

Remember, in the eyes of the universe, you are always golden!

I believe all moments are sacred in their own way, as they each collect together to create our greater experience of being human and whole.

So, as you go about your gold star day, try and see yourself through that lens.

Find the gold within your moments of being, keep your mind open to seeing yourself with new perspective, and be generous with gifting yourself stars.



“TAKING A FEW MOMENTS
TO BE PRESENT AND INTENTIONAL
IS HOW WE LEARN TO LISTEN
TO OUR DEEPER VOICE AND BEGIN
TO FOLLOW ITS WISDOM.
OUR WISDOM WILL LIKELY
BE DIFFERENT EACH DAY,
BECAUSE EACH DAY IS A NEW PAGE,
AND A NEW OPPORTUNITY
TO BE PRESENT WITH OURSELVES
IN NEW WAYS.”



These Last Words from The Heart:

I believe in us. I truly do. I believe in our ability to work our light.

I believe in our ability to increase our magic by working with the ingredients we can grow like our heart, our intuitive sensing, our inner knowing, and our relationship with ourself and the yummy universe around us!

I believe that when we tap into a deeper sense of self-love, forgiveness, and compassion, we bring healing into ourselves and are better equipped to live bigger and braver in this world.

And that is a vision I fully believe and see: each of us moving in the world with a sense of empowerment, purpose and truly serving the light in our own unique capacity.

We change the world by changing our hearts, and when we are engaged in our own change, we can trust that the ripple effects of that change will impact those around us.

We effect change in this world by effecting it in ourselves first, and we do this most impactfully when we change our hearts through tending their vision and wisdom.

So, let's be awesome change-makers-for-love, starting with ourselves!

I hope you enjoyed this self-discovery journey into your light, I'd love to stay connected and share more. Here's two simple-as-pie ways how!

- 1) You can sign up for my free monthly letter, Akashic Magic, where you'll receive monthly energy support from the wisdom of the akashic records, along with updates on my books and classes.

[JOIN AKASHIC MAGIC](#)

- 2) You can sign up for my free course [Finding Your Heart Magic](#), where you'll find more videos, discovery questions, and intuitive activities designed to open your heart and take you deeper into your unique heart wisdom.

[ACCESS MY FREE COURSE](#)

For more information on who I am, my books, offerings, and my own intuitive journey you can find me at my home on the web: drbethanne.com.

Sending you joy on the path—you've totally got this.

Dr. BethAnne K.W. 



Stay curious. Bring the magic. Keep stepping through the doorway within.

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