

## What to expect

During a session, clients are guided to releasing long-suppressed traumas, connections, blockages, and beliefs, as we travel across time and space to alternative realities, experiencing the root causes, as well as solutions, to current life frustrations. We straddle multiple worlds, safe and grounded in current reality, while connecting with other realities that have been incomplete. To the surprise of my clients, but no longer to mine, elaborate past life experiences come to life, always in the first person, as clients experience themselves in previously unknown situations in the very real now.

Crystal Dreaming is not about past life regression, although that regularly plays an important role. Past life regression releases the low vibrations of trauma that prevent us from connecting to the higher vibrations of our True Selves, allowing us to connect with our teachers, guides, and avatars who are always there to lead us into being who we really are.

Crystal Dreaming is sacred work, work that often moves me to tears by the exquisite beauty of what I witness with clients every day. I witness the courage of my clients, the compassion of my clients, the strength of my clients, and the resulting empowerment of my clients. I witness their connection to the essence of Life itself, which results in a profound experience of bliss and unconditional love that transcends words.

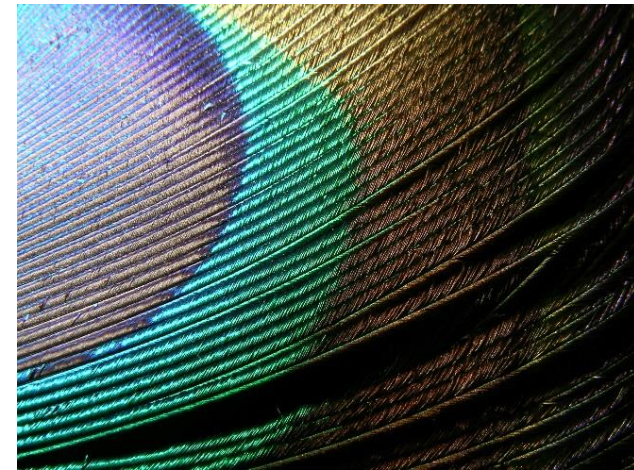
## About Rev. Jude Smith



**Jude Smith** is an Interfaith Minister, spiritual teacher, and shamanic healer, and she expresses herself in the world in many different ways. A teacher at heart, she sees the commonality of the world's spiritual and wisdom traditions, and her passion is to lead others to their fullest experience of self-expression, as she supports them in discovering their own spiritual paths, languages, and understandings.

Jude is the Executive Director of the CENTER FOR AUTHENTIC LIVING, an organization committed to reminding people who they are, and to providing the tools to live from that higher place. In addition to facilitating private and group programs geared towards personal awakening, Jude is an authorized guide for the Brazilian trance healer John of God, and she regularly leads group travel to Brazil. She is also an active interfaith and non-denominational wedding and ceremonies officiant, crafting customized ceremonies that capture life's transitions in ceremonies that are sacred, elegant, meaningful, and transformative.

Jude holds degrees in Psychology and Business Administration from SUNY at Albany, and an advanced degree in Education from Pace University. She received her ministerial training at the One Spirit Interfaith Seminary in New York City, a leading-edge seminary that immerses candidates in a deeply personal and authentic experience of spirituality, making her uniquely qualified to support others on their own journeys of awakening. Jude has studied advanced energy healing techniques with Shanti Mission, a spiritual organization based in Australia, and contemporary shaman Raym Richards, and is a certified Ignite Your Spirit therapist, shamanic practitioner, and licensed Crystal Dreaming teacher.



# Crystal Dreaming Shamanic Journeying

### Center for Authentic Living

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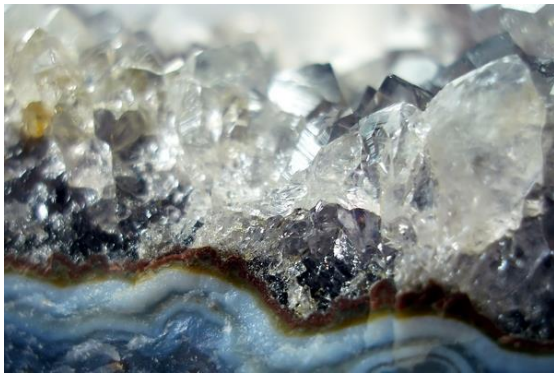
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## Crystal Dreaming Shamanic Journeying

Using a precise alignment of stones arranged in a powerful crystal grid, you are gently led into an altered state, resulting in a profound shift in consciousness while being safely guided through a very personal shamanic journey.

During this process, you will be assisted in the release of blockages and past life trauma using a variety of techniques, including past life regression. The result is a clearing of negative energies and patterns of experience that are affecting your current sense of well-being, so that profound emotional, physical, and spiritual healing may occur.

Crystal Dreaming opens channels to the spirit world, facilitating inter-dimensional travel. From this state, life-changing positive and immediate results are possible. This advanced technique allows you to explore various aspects of reality, gaining clarity of purpose while giving you the opportunity to integrate with your Higher Self as you consciously align with your life plan.

## What Others are Saying....

*Jude is an unconditional soul of patience in a world of “hurry up and get it done.” Because of that she has been able to bring me to a place where little girls can trust and let go of their burdens without the fear of imposing or taking more than our share.*

*Jude offers my vision of a perfect healing; opening up through trusting and non-judgmental discussion, then entering into a state of pure relaxation that allows you to go deep and release hidden blockages, to then be welcomed back by loving conversation to a less challenging world than the one you left.*

~ DB ~

*Jude has opened up my awareness of all the goodness that surrounds me on a daily basis. Our work has been one of deep reflection and continuous healing. Jude has a keen sense of what a person needs to transform their lives, which has allowed my life to transform.*

~ CJ ~

*Jude puts her whole being into her healing work and this shows itself in the way she connects with her client, and in the unrushed pace of her sessions. Jude is very insightful and connected to her spiritual self. My sessions with Jude have been eye opening and affirming, and have been a blessing to my spiritual life, my family life, and my personal life.*

~ CB ~

*My time spent with Jude has been incredibly rich. With her gentle loving guidance I have met people and gone places that I had no idea existed, and have had my own Radiant Essence reflected back to me in a way that I can no longer deny. I never know what each session will hold for me but I always know it will be powerful beyond my imagination, full of wisdom, lots of laughter, sometimes tears, and always love. My time with Jude has been one of the greatest gifts I have given myself.*

~ EA ~

*Jude has the ability to see me more clearly than I can see myself, and I've finally begun to discover what I am truly capable of. I am so grateful for her support, her encouraging words, and her gentle guidance. She is a loving, compassionate, and very beautiful soul who has taught me so much. I am eternally grateful that she showed up in my life.*

~ CS ~

## Additional Things to Know

- ♥ We will be spending about 2 hours together, with the actual Crystal Dreaming process taking about 90 minutes.
- ♥ We'll be entering into a meditative state together, and I will be having you lie down on a comfy mat on the floor, so that you will be free to totally surrender and relax.
- ♥ You are in complete control. I only see what you are willing to show me, and are ready to release.
- ♥ Although we will be visiting past energies that may have been uncomfortable when they were first experienced, we will be identifying suppressed energies from a place of power, love, and curiosity, and the experience tends to be liberating, rather than painful.
- ♥ You'll probably be feeling grounded but reflective when we're done, and scheduling in some time to process and integrate before jumping back into your life would be useful.
- ♥ This work is about reconnecting with the best parts of who you are – the parts that have never been damaged, and the parts that have survived anything unpleasant that may have occurred in the past. The result? Living from a deeper experience of yourself.
- ♥ You may have an opportunity to receive answers to Life's most profound questions. Therefore, I suggest coming to your session with a written list of questions to which you'd like answers.