

Carolyn White, PhD, is an author, speaker, intuitive chakra life coach, teacher and metaphysician. As a Certified Aura Video Station consultant, she has helped many individuals understand their Human Energy System—the aura and chakras.

Dr. Carolyn is the author of *Think It->Say It -> Be It: Use Your Words to Change Your Life, Chakra Mastery: 7 Keys to Discover Your Inner Wisdom* with eight companion journals for *Chakra Mastery* and *Color Me Healthy Wealthy and Wise: Transform Your Life with Colors and Crystals* plus its companion *My Journal Adventures with Colors and Crystals*. Currently, she is working on her soon-to-be released book *Seven Spiritual Stepping Stones: Your Path to Consciously Evolve*.

She has co-authored several books, including *The Gratitude Book Project: Celebrating 365 Days of Gratitude*, *5 Secrets to Balance, Healthy Living: Harnessing to Power of the 5 Elements* and *Your Soaring Phoenix: Profound Tools for Spiritual Ascension With 26 Spiritual Teachers*.

Carolyn's passion for learning about our Human Energy System (HES) and the Mind/Body/Spirit connection spans over four decades, during which time she sought out mentors—Jack Schwarz, Doris Chase Doane, Richard Sutphen, Doreen Virtue, James Wanless, Shelley Stockwell Nicolas, Jean Haner—who were both wise and pure of heart.

As a result of this pursuit, Carolyn is a Doctor of Clinical Hypnotherapy (DCH), a Certified Spiritual Counselor (CSC), and an International Hypnosis Federation Certified Instructor (CHI). She is also a Reiki Master, and Reflexologist. She has certifications in Neuro-linguistic Programming (NLP), Timeline Therapy and Color Therapy. In 2007, Carolyn completed a doctoral program that awarded her a PhD in Esoteric Studies from American Pacific University.

According to Carolyn, all energy therapies need to be practical and practiced. Her teaching focuses on employing the three H's - Head, Hands, and Heart – as the basic tools of Energy Medicine. Her personal journey after a serious motor vehicle accident in 2008 reaffirmed the healing power of energy medicine.

Carolyn's play shops on Auras and Chakras focus on empowering the individual to discover their inner wisdom while learning about their human energy system. As a speaker, she interweaves knowledge, humor, insight wisdom love and light into all of her presentations and interviews.

Besides appearing at holistic fairs and conferences with Aura and Chakra Imaging, Carolyn is a vocalist and bassist, performing with her husband Gerry at various venues. Visit Carolyn at her website www.CarolynWhitePhD.com or www.ChakraCoach.me.