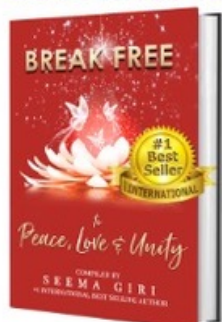


# Sharon Caren

#1 International Bestselling Author, Spiritual Intuitive, Speaker, Coach



## Co-Author in



Chapter: **Raise Your Frequency;  
Change Your Life**

## Sharon's Bio

After a near-death experience at age 27, Sharon became deeply connected to the spiritual world and the advantages of working within it. Her work in the Akashic Records helps people connect with their soul purpose, step into their personal power, to discover their path to a fulfilled life. With her fluency and depth of spiritual wisdom, she's a master in identifying blockages and releasing old energies using her intuitive approach to transformation. Sharon co-authored the Amazon bestselling anthology **Break Free to Peace, Love and Unity** and has been interviewed on shows such as Spiritually Raw and podcast, "**Now or Never – The Choice is Yours**" by Karen Wright.

Sharon offers coaching to individuals and groups while clearing clients from negative energies from the past that hold them back. Clients receive new life tools to realize their unique gifts, and feel deeply affirmed, lighter and empowered. With her compassion, support and guidance, clients report new doors opening for them. This will assist client's personal transformation to experience greater love, abundance and wellbeing. Sharon also teaches group Akashic Record courses for those who are ready to step into a spiritual career accessing the records to serve others and live a fulfilled and deeply connected life.

## Contact Me



[www.sharoncaren.com](http://www.sharoncaren.com) | [sharon@sharoncaren.com](mailto:sharon@sharoncaren.com) | Cell/text 650.922.7951

## Speaking Topics

### Uplift Yourself in Times of Transition

When life throws you a curveball, you may go into survival mode and disconnect from your inner strength and power. Sharon is a master working with your Akashic Records to regain your inner connectedness and power. You'll receive restorative techniques to process the pain and grief experiences when they occur. You are never alone and with some simple tools, you become empowered remembering there is nothing bigger than you are. You are a powerful being of light.

### Raise Your Frequency, Change Your Life

Your physical body is meant to live with ease. But with the fast pace of modern life, it seems that underlying stress, anxiety and overwhelm are almost always present. This puts your nervous system in fight or flight mode and keeps the cells from being able to heal and regenerate as they should.

Sharon will guide you through ways to embrace your deep spiritual connection so you can actually change your energetic frequency. She shares her tools and insight to help you shift your energy giving you more life as you discover the deep well of healing that lies within you.

## Testimonials

"Sharon is an uplifting speaker who shares about spiritual concepts in a way that is compelling to listen to, is easy to follow and makes sense. She gives tools that audiences can take away and her kind and gracious nature makes me confident we are going to have a great program every time one of our chapters books Sharon. She is a gift for any audience."

—Elle Ballard

Founder, Women of The World

"Sharon is a dynamic and energetic speaker who brings so much heart to her presentations. She makes everyone in the room feel good and she shares her insights and ideas in a way that makes them easy to embrace. Sharon is also a great speaker partner, she is a joy to work with and I look forward to booking her again ASAP."

—Caterina Rando

Founder, The Thriving Women in Business Community and Center

"Sharon is a favorite presenter here at East West. She is she delightful to work with and attendees resonate with her warm and open heart. Her topics are timely and well-prepared and we get excellent feedback from customers. She's able to connect with people from all walks of life and every age. If you are looking for an engaging and empowering speaker, you will love Sharon Caren."

—Astrid Coustier

Event Manager, East West Bookshop Mountain View, CA

