



Spiritual Blueprinting

By Dr. Pamela Gerali

Spiritual Development and Self Mastery through Spiritual Blueprinting

As a nurse with a Master's Degree in Public Health, logic and reason were paramount to me. They appealed to my rational, skeptical mind and desire to make sense of the universe. I was committed to the scientific method and the processes for nursing care, problem-solving, medical intervention, and research.

Then I discovered that I was intuitive and received the gift of intuitive healing. This gift made me question everything I had been taught, believed, and practiced. It defied common sense. My organized way of thinking turned summersaults with this mind-blowing revelation.

Guided by the [*Blueprint for the Human Spirit*](#)[®], my holistic model for conscious, compassionate living, I embraced the idea of another form of healing and another way to perceive the world. As I began to trust the "knowings" that popped into my awareness, I discovered the power and potential of alternative healing. Now I do not question what I receive but have opened my entire being to assisting others.

Through [Spiritual Blueprinting](#) consultations, I help align clients with their spiritual Essence so they can live the life they were born to live. I dramatically reveal and help clients transform underlying illnesses, issues, and limitations that interfere with health, wellbeing, abundance, and wholeness.

What truly amazed me about this healing modality is that it usually only takes a shift in perception to bring forth healing. This process begins as we affirm that we are open, ready, and willing to receive divine guidance. Then, I demonstrate how shifts in energy and awareness diffuse blocks and baggage that interfere with wellness by psycho-spiritual mirroring, imagery, and muscle memory.

I originally called this new modality "Dramatic Intuitive Healing" since there are many movements, positions, postures, expressions, and vocalizations that demonstrate issues. As clients see firsthand how their problems appear and feel them by mimicking my motions, they quickly respond to energy changes.

[Spiritual Blueprinting](#) is a process that actively involves clients. It is holistic instead of being focused on the physical aspect of life. Guided by higher awareness, it is accurate, concentrates on priority concerns, and is unique for each client. By focusing on the root cause of the presenting issues, this modality offers deeper, permanent healing.

[Spiritual Blueprinting](#) is like a laser that concentrates beneath the surface where illnesses begin. By addressing the spiritual concerns, emotional baggage, or mental attitudes that ultimately present as physical manifestations, permanent healing is possible. Unlike symptom management which ignores the underlying cause of the problem, [Spiritual Blueprinting](#) helps powerfully transform lives.

Clients typically address four to six issues during the healing process. They may be about present concerns, past experiences from this or previous lifetimes, intergenerational wounds that are part of the collective unconscious, or future challenges. Also, the problems may be physical, mental, emotional, intuitive, or spiritual. Each one reflects one aspect of the [Blueprint for the Human Spirit](#)[®].

I love doing [Spiritual Blueprints](#) because I benefit as well. Since we are one, connected beyond space and time, your healing is my healing is the healing of the world. As we raise our vibration and awareness, the entire universe benefits. Together, we can change the world.

As the process of [Spiritual Blueprinting](#) evolved, I discovered many concepts about healing and transformation that are not "beliefs" but "knowings" based on personal experience and higher guidance. They are presented as "Permanent Transforming Power" toward the end of this document. Also included is a document that summarizes the holistic lifestyle consultation process and [Spiritual Blueprinting](#) characteristics.

Spiritual Blueprinting sessions last approximately one hour and end with a powerful and personal divine blessing. For more information and to experience this transforming power and align your life with your spiritual Essence, schedule a session with Dr. Pamela Gerali [Spiritual Blueprinting | Dr. Pamela Gerali \(drpamelagerali.com\)](#). Energy exchanges for this service are listed on my website [Shop](#).

Spiritual Blueprinting—Heal Yourself and Heal the World

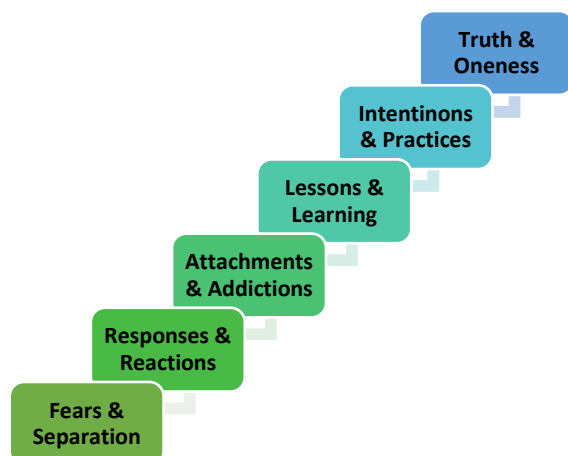
The news reeks of reports about injustice, the pandemic, prejudice, violence, intolerance, addiction, and victimhood. Politicians offering platitudes and claiming more money will correct society's afflictions. Physicians do their best to make patients feel better, but symptom management only prolongs illnesses and suffering. Their uninspired solutions have not worked in the past and will not solve the deep wounds society currently faces. Suffering will not end until we first focus inside and cure what ails us as individuals. Unless we shift our perceptions, we will never realize our highest potential and enjoy the life we were born to live.

The Spiritual Blueprinting process offers a new approach to healing and restoring sanity for humankind. This process emerges from your inner divinity and the sacred source of All That Is. It can help to bring your thoughts, beliefs, and actions into harmony with the Essence of your being. This deep soul cleanse will help you release emotional baggage, heal intergenerational wounds, and open the door to abundant living.

Spiritual Blueprinting is based on the Blueprint for the Human Spirit®, a new paradigm for conscious, compassionate living that promotes self-discovery and greater awareness. This healing modality uses psycho-spiritual mirroring, imagery, and muscle memory to provide insight into underlying fears, reactions, and attachments that interfere with health, wellness, abundance, and wholeness.

Higher guidance reveals how you can change your perspective, intentions, and responses in positive ways that are in harmony with the truth of your being. You will experience firsthand the impact and transforming power of this dramatic intuitive healing process by actively participating in the healing process.

Spiritual Blueprinting sessions help you discover and assimilate your divine blueprint, aligning you with your true Essence. Here is why Spiritual Blueprinting works:



- **Spiritual Blueprinting is an inside job.** Since we cannot change others, we can only heal ourselves and change the world from within.
- **Spiritual Blueprinting is holistic.** Since we are complex beings with physical, mental, emotional, intuitive, and spiritual dimensions, healing must occur at all levels.
- **Spiritual Blueprinting occurs at a deeper level.** Our problems manifest in the physical realm, but they come from other hidden dimensions. We will never thrive if we only address surface symptoms.
- **Spiritual Blueprinting is intentional.** No one can force healing on us or control what happens to us. We must be ready, willing, and open to experience transformation.
- **Spiritual Blueprinting is interactive.** We are not passive recipients but are responsible for our transformation. Unless we actively engage in the healing process, we will never experience permanent healing.
- **Spiritual Blueprinting requires a shift in perception.** How we view life experiences and respond to them is often based on the belief in duality. Healings create oneness.
- **Spiritual Blueprinting is unique and targeted.** Whatever presents at the time of the healing becomes the focus. Sessions are different for everyone. Each client receives imagery and solutions that are in harmony with their unique needs and characteristics.

We are energy beings and are all connected. Therefore, your healing is my healing and the healing of the world. Since we cannot change others, we can only change the world by changing ourselves. The positive shifts we make flow over to others and the entire universe. According to Dr. David Hawkins

, "To become more conscious is the greatest gift anyone can give to the world; moreover, in a ripple effect, the gift comes back to its source."

When we engage in Spiritual Blueprinting and commit to raising our awareness and energy vibration, we heal ourselves and the world. This "butterfly effect" reflects the beauty of oneness.

Spiritual Blueprinting—An Inside Job

No amount of money, education, or protesting can eliminate victimhood, intolerance, or addiction. These social ills are based on personal beliefs, behaviors, and experiences. Although they pervade humanity and lead to needless deaths, destruction, and despair, nothing will change unless we raise awareness.

Instead of looking to politicians, educators, and activists for solutions, we need first to look inside. We can change ourselves and the entire world when we discover and fix broken aspects of ourselves. We come into this world with wounds from past generations and add our unresolved abuses, failures, and fears. Unless we transform these limiting traumas, we sabotage future relationships and minimize our creative potential. We will never find inner peace and be authentic. We will never be able to help others achieve their heart's desires if we wallow in our psycho-spiritual pathology.

We can only change ourselves and the world from within. We elevate the universal consciousness as a whole by shifting our energy into alignment with truth. It may seem that focusing on ourselves is egotistical and self-serving, but our transformation impacts the entire universe. We are connected beyond space and time and create the most significant impact by focusing within.

Spiritual Blueprinting is a form of healing that promotes greater awareness. While you are actively engaged in the process, you can release barriers preventing you from realizing your highest potential. When relational issues arise, the focus is always on the person seeking support, not other individuals who may be involved.

Example: One client asked for help in dealing with her controlling husband. She wanted to be a dancer, while he wanted a full-time housewife. She felt he was keeping her from living her dreams and wanted to know what she could do to get him to agree with her. She wanted me to fix him! She learned that we could not change anyone else, and the healing was for her growth and benefit.

During the session, she was guided down a path to a fork in the road with three possible directions. One revealed what would happen and how she would feel if she listened to her husband and gave up her dreams. The second branch showed how she could balance dancing and maintaining her

responsibilities in the home while trying to make her husband happy. The third option offered insight into the highs and lows of a solo existence, where she experienced the ecstasy of dancing and the loneliness of leaving her family.

She began to move in harmony with her yearnings one step at a time. She energetically pumped iron to become strong enough to stand up for her beliefs. Later she began classes and pursued dancing as a part-time career. When her husband refused to accept her choices and demanded that she give dancing up, they parted ways. She had developed the courage and emotional strength to resist his dominating behavior by then. She pursued her heart's desires, uplifting her audiences with grace and joy. She also found a new life partner who supported her and encouraged her aspirations.

Spiritual Blueprinting—A Holistic Process

Illnesses are not just physical. If we focus only on the body, we will never truly heal or thrive. We may become more robust and temporarily enjoy more excellent health and wellness, but physical healing is just the tip of the iceberg. We are complex creatures with physical, mental, emotional, intuitive, and spiritual dimensions. We are energy beings who vibrate at our unique frequency, reflecting our state of consciousness.

How we appear is only an illusion. We are 99.999 empty space.

Everything we think, feel, say, and do today also creates our future. Our activities, thoughts, feelings, and intentions reveal our level of awareness. Each choice we make brings us closer to or further from our divine Essence and wellbeing. When we align all aspects of life with our inner truth, we will thrive, and all humanity will heal.

By actively engaging in an inner space mission, we can discover who we are—not physical bodies with souls but spiritual beings engaging in a spiritual experience. Only then can we realize our highest potential and fully express our divinity through our humanity. We become the hands, heart, and voice of God (Creator, Source, Divine Mind, Universal Intelligence, or whatever you call your Higher Power). We become ambassadors of love and light, uplifting humanity in our unique way.

Spiritual Blueprinting sessions reflect the Blueprint for the Human Spirit's holistic approach to authentic living. They offer transforming insights for issues that present during the healing time, whether they present in the body, mind, heart, or soul.

Example: One client appeared fine when she arrived, but I began to cough and patted my chest during her session. When I asked her if she had a sore throat, she indicated that she felt fine. However, she asked to focus on an issue she had with a family member. She struggled for many years with a poor relationship with this loved one who now needed her help.

My client had a lengthy, painful conversation with her sister earlier that morning. Her sister constantly challenged her by bringing up and blowing up my client's mistakes and shortcomings. She insisted that she was helpful,

but her approach was demeaning and condescending. Although my client wanted to express her true feelings about their relationship and how she felt diminished, she kept it to herself. She stuffed it inside once again.

The guidance focused on “coughing it up and getting something off her chest.” She needed to express her truth in a positive, constructive way. She was encouraged to breathe deeply and open her heart, mind, and voice so she could share her feelings and reactions. During our session, she practiced this and committed to openly and honestly talking with her sister the next day. However, she woke up with laryngitis. What she wanted to express was “stuck in her craw” and became physically manifest as an upper respiratory infection. Because of her healing and intentions, it quickly resolved. She shared this with her sister, healing their relationship and her cold.

Spiritual Blueprinting—A Deeper Healing

Physicians often focus on symptoms of the disease because they are most apparent. However, the source of the problem usually arises from a hidden source. Therefore, many patients experience recurrences after receiving "curative" treatments. When we experience physical illnesses, emotional traumas, and mental challenges, we need to delve deeper into ourselves to find the root cause before we can experience healing.

Research has shown that deep emotional wounds can lead to cancer, heart disease, auto-immune disorders, and other physical illnesses. I saw evidence of this while working at the Fox Chase Cancer Center in Philadelphia. I noticed that many patients developed cancer two years after experiencing emotional trauma. If medical modalities do not address the underlying causes, patients will not experience total healing or wellness. As Albert Einstein said, "No problem can be solved from the same level of consciousness that created it."

I have discovered that many illnesses originate at the spiritual level during my healing work. When we feel inadequate or unworthy, we believe that we are undeserving and separate from Source. We fail to embrace our original divinity and sovereignty if we strive for perfection and amplify our failures. We may become aimless and give up pursuing our dreams, believing we are deficient. Or we may over-compensate and become a workaholic, driven to prove to ourselves or others that we are competent.

Since Spiritual Blueprinting is holistic, it goes deep below the surface to heal missing pieces of the psyche and soul. It uncovers the root cause of issues, so permanent healing is possible. Then we can embrace the life we were born to live and enjoy abundant love, peace, joy, and goodness.

Example: One client asked for help to resolve anger and blocks interfering with his success. He struggled to make decisions that would move the business forward and ensure his financial freedom. His latest choice nearly resulted in bankruptcy.

Although he did not tell me anything about his past, I sensed he had a large black energetic mass in his torso. It was like cancer eating away at his

confidence and courage. It became evident that his stepfather had sexually abused him during the healing.

We performed psychic surgery and removed this enormous mass of rage from his being through an imaginary incision. We treated remnants of abuse with "radiated" light and administered an infusion of "chemotherapeutic" love. The cancerous rage eating away at him and keeping success at bay was symbolically removed and replaced with positive energy.

This man expressed overwhelming gratitude in a very touching thank you card. He indicated that he could finally "name the demon" inside him and felt great relief that it had been released. Afterward, this client effectively dealt with his anger and became more successful in his business ventures.

Spiritual Blueprinting—A Shift in Perception

How we view life experiences and respond to them is often based on the belief in duality. We think we are separate from God and others based on a false sense of self or ego. It compensates for fears and limitations through attachments and addictions that perpetuate the disconnection we perceive within us and with the entire universe.

For example, we may steal, hoard, sell drugs, or pursue other addictions to minimize fears when we live in lack and believe our survival is threatened by poverty, starvation, and inadequate housing. Rejection and abandonment may lead to attachment disorders, attention and approval seeking, promiscuity, aggression, self-loathing, and other adverse emotional reactions. If we are repressed or dominated, we may react with controlling or manipulative behaviors. While these responses may offer temporary relief, they do not address core issues.

All that it may take for healing to occur is for us to change our perception. If we put aside our earthly, egoic glasses and see the essence of our being and that of others, we will realize that we are all individuated expressions of God. We are all beloved, holy, and whole. We are all essential parts of the whole, each having our unique role in the ongoing creation story. Since we come from the same sacred source and share the same divine blueprint, we can only be one with all humanity.

When we change our perspective, we can see our sacredness in the mirror. We can look into everyone else's eyes and know their divinity, regardless of their less-than-loving behaviors. Everything changes when we shift our point of view into alignment with truth.

By integrating body, mind, heart, and soul, Spiritual Blueprinting can bring us to a state of oneness within. It can help merge ego with Essence so we can effectively express our divinity through our humanity. We can experience unity with God and all that is if we look at life challenges differently.

Example: One client asked for help because she could not sleep. She was tortured by what her ex-husband had done to their granddaughter. He had sexually abused her granddaughter when she was a preteen. This gal protected her younger sister by keeping this horrible cruelty to herself.

This secret exploded when my client's granddaughter was in her mid-twenties and forming a lasting partnership with a new love. Although her grandfather confessed and went to prison, my client also suffered from his behavior. She was a therapist and blamed herself for not seeing what had happened. She was so angry that she was unable to function or sleep. Although she intellectually knew that only someone who was mentally ill could harm a loved one in this manner, she remained tormented by her husband's past actions.

My client went back in time until she saw her husband as a tiny infant in our session. In that state, he was innocent, loving, joyful, and perfect. She realized that his behavior was not in harmony with his true Essence. This new perception freed her from seeing only his pathology. After the hearing, when she had to talk with her ex about their property, family, or health issues, she first focused on him as that beloved child of God. Then she was able to deal with him positively. She no longer suffered from nightmares and extreme guilt. She was at peace, and her granddaughter also received the help she needed.

Spiritual Blueprinting—Transform with Intention

Healing is a personal choice. No one can force us to participate or control what happens to us. We must be open, ready, and willing to experience transformation. Interventions might bring issues to the forefront and create a climate for individuals with addictions and unhealthy attachments. Still, unless the loved one recognizes their pathology, believes that they can be healed, and wants to adopt a new way of being, they will not change.

Awareness of a problem is just the beginning. Intention also plays a significant role in our healing process. Our objectives affect the choices and decisions that we make regarding everyday life. These influences, combined with our core values and beliefs, impact our recovery from physical and emotional illness. Unless we dare to take the initiative and have the perseverance to follow through, we will fall far short of realizing wellness.

On a conscious level, transformation and healing follow a logical process. We create positive change by following these steps:

Step 1. Visioning – Create a mental image or an inspired idea of your desires.

Step 2. Commitment – Use intention, will, and motivation to actively pursue your vision.

Step 3. Assessment – Identify your needs and available resources to realize your dreams.

Step 4. Planning – Determine desired outcomes and how you can achieve them.

Step 5. Implementation – Carry out the steps needed to make your vision a reality.

Step 6. Evaluation – Determine if your actions brought forth the outcomes you desired.

When we choose to change our lives for the better, rituals and affirmations that support our intentions can help. The universe pitches in with a cascade of support to create a favorable climate for fulfilling our heart's desires. We will benefit from many amazing synchronicities and may even experience effortless quantum leaps in awareness. Transformation is a choice.

Example: One client presented with dating challenges. She wanted to meet a nice guy and have a loving relationship. As a teenager, she had lost her

mother and two other relatives within a few months. She was so traumatized by these losses that she never fully recovered. She had created a vast, dense emotional wall around her heart. She was so devastated by the pain of losing her mother that she never wanted to feel that way again.

She had made herself unavailable for a meaningful partnership with this wall, fearing she would be vulnerable to more pain and suffering. During her healing, she was guided to open herself to love, to envision herself giving and receiving love. She also received help in tearing down that emotional wall. She chose an imaginary sledgehammer and destroyed the protection she had placed around herself, opening her to love.

Her heart also appeared to be broken into two pieces. To experience love, I assisted in mending her heart. She chose to sew it together energetically and added a little crazy glue to lighten her spirit. The following week, she met an exciting guy and felt ready and open for a meaningful friendship. Her life was transformed because she had the courage and took the initiative to make a change.

Spiritual Blueprinting—Unique and Focused

The focus of Spiritual Blueprinting sessions is always relevant to the client at that moment. I prefer not to know anything in advance, so I am open to higher guidance and not influenced by my overactive mind. There is a standard opening process, but each session for each person is different. After each session, I offer to address additional issues. However, during the session, most of their concerns have already been addressed.

When we are open to intuitive guidance, the imagery, movements, and activities are always perfect. They reflect the interests, concerns, and lifestyles of the client. For example, one client was a musician. His session was all about harmony, finding his melody, and tuning into the needs of others. I never know when issues arose, but when I look back over my shoulder, I know we will focus on the past. When I gaze forward into the distance, I know we will address future concerns.

At times, healings also delve into past lives or ancestral wounds that impact the present. One client froze to death as a mountain man in a past life. This experience explained why he was compelled to move to the sunny south and could not stand cold winters.

Regardless of the focus, Spiritual Blueprinting is always pertinent to the present, and the guidance received is always relevant and meaningful. Each session is transforming and brings the client into closer alignment with their truth. Although they are touch-free and non-invasive, healings are powerfully transforming. They experience positive results through divine guidance. Also, we set our intention for the greater good and have faith in the outcome.

Example: One client, an OB nurse, was very committed to her spiritual unfolding. She was determined to let her light shine and uplift humanity in her unique way. However, she felt that some unknown force blocked her progress. She asked for guidance on how she could make a positive and powerful difference.

Like a midwife, I guided her through the birth of her higher self. She sat in a chair with her knees up and apart, pushing and pushing until her sacred Essence was born. She named her "Diana." This name means "the shining

one, sky, and daylight." This Roman goddess was lauded for her purity and for helping women deliver babies efficiently and safely.

We also discovered that my client's soul was disconnected from her body during our time together. Despite her best efforts, essence had been taking a back seat, and ego was directing her life. I guided her through a soul-body fusion where ego and her "Diana" essence merged into one glorious whole. When she left, she felt as if she was flying, euphoric at the thought of helping her patients through their birthing process with her whole being.

Spiritual Blueprinting sessions last approximately one hour and end with a powerful and personal divine blessing. For more information and to experience this powerful transforming power and align your life with your spiritual Essence, schedule a session with Dr. Pamela Gerali at [Spiritual Blueprinting | Dr. Pamela Gerali \(drpamelagerali.com\)](https://drpamelagerali.com).

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Permanent Transforming Power

The following concepts about healing and transformation are presented not as “beliefs” but as “knowings” based on personal experience and Divine guidance.

- 1. Energy:** Everything in the universe is comprised of energy vibrating at different rates. Healing results with a shift toward a higher, more pure, spiritual vibrational frequency.
- 2. Holism:** We are more than a mechanical body and since illness affects all aspects of our being, transformation must occur far deeper than at the physical level. Eliminating a diseased organ or tissue is not sufficient to bring forth wellness and wholeness.
- 3. Openness:** Transformation occurs when we do not resist but are open to receiving that which brings forth the highest good for us and the world. Therefore, it may not manifest in the body or in the form that is desired, but it will always be experienced.
- 4. Potential:** Our Essence is divine, loving, perfect, whole, all-knowing, and all-powerful. This infinite potential within us is the source of our transformation and is unlimited.
- 5. Reality:** Experiences create our reality, or biography begets biology. To transform, the pain of past experiences and fears about future events must be shifted and released.
- 6. Alignment:** When all aspects of our being—body, mind, heart, and soul—are in alignment, we experience peace and harmony. Transformation releases pain from the past and helps bring us into alignment with Truth.
- 7. Divine Order:** The universe operates in perfect, divine order. Transformation is an unconditional gift that occurs spontaneously when we are in sync with the natural flow and perfection of life.
- 8. Uniqueness:** Since we understand and respond to experiences in our own unique way, each person’s transformation will be different from that of anyone else’s; it will be perfect for them.
- 9. Oneness:** Since we are part of the whole and function as one, our transformation brings forth greater awareness to others and the entire world.
- 10. Perception:** Our earthly experiences empower us to grow and evolve, to become more awake and aware. Therefore, transformation is a shift in viewpoint and in consciousness.
- 11. Present:** By living fully in the NOW we become spiritually awakened. Transformation occurs as we are fully immersed in the present moment and are free of perceived limitations and fear.
- 12. Beliefs:** Erroneous thoughts and belief systems block transformation and the realization of perfect health. By freeing the mind from limiting beliefs, we change our life from the inside out to realize wellness and wholeness.
- 13. Gratitude:** When transformation is received in a state of gratitude, knowing that the Source already knows and is answering prayer, it can be instantaneous.
- 14. Love:** The only power present in the universe is Love. Transformation occurs when love is expressed, recognized, and embraced. Fear is the absence of love and blocks healing.



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Spiritual Blueprinting Holistic LifeStyle Consultations

Dr. Pamela Gerali offers holistic lifestyle consultations to help you discover and assimilate your divine blueprint. These sessions bring you into alignment with your spiritual essence so you can enjoy the life you were born to live. Her amazing intuitive abilities dramatically reveal underlying issues, blocks, illnesses, and perceived limitations that interfere with health, wellness, abundance, and wholeness.

With higher guidance, prayer and meditation, Pamela uses psycho-spiritual mirroring, imagery, and muscle memory to demonstrate shifts in perceptions and guide you to realize the truth of your being. Her one-on-one sessions are based on wisdom and practical guidance from the *Blueprint for the Human Spirit*®, her paradigm for conscious, compassionate living. As you actively participate, you experience firsthand how shifts in perceptions can bring forth permanent healing. This powerful holistic experience is transforming.



Spiritual Blueprinting is an inside job and occurs at a deeper level than where your issues and challenges express. Behind every physical manifestation is a mental or emotional challenge. Behind every emotional concern is an intuitive or spiritual issue.

Pamela's sessions last approximately one hour and end with a powerful and personal divine blessing. Follow-up consultations are scheduled as needed. Spiritual Blueprinting is:

- **Holistic** – Whole being is addressed, including the mind, body, heart, and spirit.
- **Comprehensive** – Root cause of problems is addressed.
- **Intuitive** – Guidance comes from higher perception unhampered by ego.
- **Interactive** – Client participates in the process to enhance the experience.
- **Intentional** – Readiness, willingness, and openness impact the process.
- **Dramatic** – Movements, positions, postures, expressions, and vocalizations demonstrate issues, bring memories to the forefront, and create awareness.
- **Accurate** – Targeted solutions are offered, and tension is released as needed.
- **Non-Invasive** – Touch is not involved, so sessions are safe and free of side-effects.
- **Unique** – Sessions are individualized for each client, and each session is different.
- **Focused** – Most essential concerns are addressed at the time of the session.
- **Flexible** – Sessions may be performed in person by phone, FaceTime, or Skype.



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About the Author



Pamela Gerali is a visionary and pioneer in personal transformation. She rebelled against the rigors of fundamental religion and, with guidance from her "inner guru," discovered the *Blueprint for the Human Spirit*[®]. This inspired model for self-discovery and paradigm for conscious, compassionate living evolved in harmony with her spiritual growth.

No longer a fearful and timid conformist, Pamela freely pursues the mysterious and does not hesitate to bare her soul. When led to meditate and journal confessions for forty days, she experienced a deep soul-cleanse. The shifts in perception were so profound she decided to air her less-than-spotless spiritual laundry in this book.

Although she takes spirituality and her mystical experiences very seriously, Pamela cannot resist the urge to bring a little levity to the subject. Whether seeking clarity on the morality of toe cleavage, sharing her transforming story through her one-woman show, *Confessions of a Spiritually Promiscuous Woman*, or explaining the *Blueprint* with her extensive collection of hats, Pamela entertains while enlightening her audiences.

Pamela abandoned a rewarding career as a Registered Nurse with a Master's in Public Health to pursue a Doctorate in Holistic Health Science. She now uplifts others with her natural and intuitive healing abilities. She also uses her creativity and exceptional program planning skills to share spiritual wisdom and practical guidance from the *Blueprint*, her passion and purpose.

Pamela lives in Florida in a state of bliss with her husband, who believes his higher purpose is to support her efforts to share the *Blueprint*. She is extremely grateful for this example of perfect Divine Order and for the opportunity to express Essence in her own creative and eccentric ways.

For more information about Pamela, her books, and the *Blueprint*, visit her website: www.DrPamelaGerali.com.

Also by Dr. Pamela Gerali

The Dance of Ego and Essence: Confessions of a Divine Diva. 2021

A 40-day adventure in radical honesty that is deeply personal and revealing. Encourages readers through their rebirthing process by addressing one universal struggle each day.

Embrace Your Divine Inner Diva: A 40-Day Exercise to Merge Ego and Essence. 2021

A downloadable guided experience that includes meditation, journaling, and playful activity. May be used as a companion journal for [The Dance of Ego and Essence: Confessions of a Divine Diva](#).

Confessions of a Spiritually Promiscuous Woman. ©2014

A one-woman show about the spiritual journey, this entertaining and inspiring show is a multi-media event that includes music, dance, the art of storytelling, PowerPoint, six distinct characters, and audience participation. To watch a video of this show, visit <http://www.veniceunity.org/media-library/video-archive/111-dr-gerali-show/>.

Create CommuniTea with a Higher Tea Circle: A Program Guide. ©2009

Everything you need to start an ongoing women's group, including an introductory video, planning, marketing, and training tools. (Contact Pamela at Pamela@PamelaGerali.com for more information.)

Higher Tea: The Essence of Joy. ©2007

A feast for the soul and senses, steeped with spiritual wisdom from the Blueprint for the Human Spirit; inspires self-discovery and conscious, compassionate living through the simplicity of tea and the recipe for joyful living.

For more information and to obtain these offerings or view videos, visit:

www.DrPamelaGerali.com.



DR. PAMELA GERALI

Discover Your Divine Blueprint

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