



Lily Winsaft

Lily Winsaft is a life-long lover of peace and harmony. Her passion is to align every human being with the remembrance of who they are and why they have chosen this lifetime on this planet. She is a high frequency Life and Spiritual Path Coach & Teacher, an Akashic Records expert, Dream Interpreter and a Transformational Breath® Facilitator and Group Leader. She interacts with and serves as a conduit of light and information from the Angelic Realm. Her Soul mission is to bring in Gold Lines of Communication for humanity, individually and as a collective, and to anchor the frequencies of Remembrance, Love, Forgiveness and Compassion for the planet.

A long time practitioner of ThetaHealing® and a Mastery Level III Alchemist, Lily guides you to connect with your Soul and receive your own information and wisdom. Her extensive background as an entrepreneur and corporate executive makes her an ideal spiritual guide for those that want to transcend “business as usual” and enter the world of “Conscious Leadership for the 22nd Century,” a phrase Lily has coined to inspire humanity to create a future that is Empowered, Worthy and filled with Light.

In her private energy healing practice clients experience Lily’s holistic approach to working with energy and the results are felt in the 4 main bodies - physical, mental, emotional and spiritual. Her background in health, nutrition and psychology, as well as her love for scientific information, allows her to recognize a wide range of information as it comes through. She is adept at supporting each client in receiving Clarity, Comprehension, Healing, and Love.

Raised by parents that have been teaching about metaphysics and the mystical arts their entire life, Lily has taken on the family tradition of sharing knowledge and wisdom with the world. She teaches a weekly program called The Art of Energetic Healing that helps her students understand spiritual concepts from a grounded, logical and even scientific perspective. She also facilitates conscious connected breath and healing events online and Transformational Breath® workshops in person. Her passion is truly most expressed in the annual getaway retreats she creates and leads. These soon to be worldwide events revitalize and restore harmony, deep inner knowing and bliss to all who participate.

On a more personal level, Lily is an avid sunrise chaser and has been documenting sunrises every day for over 3 years. Her devotion to this daily practice is motivated not only by the beauty she gets to witness but by the profound messages she receives from the Angelic Realm and the Ascended Masters that have become her constant companions. Her daily posts can be seen on FaceBook and Instagram.

Additional information is available on her website at www.lilywinsaft.com and she always welcomes hearing from you (678-642-8874)