



## Mary Amy

### Author

“I believe allowing yourself to have joy in your heart will connect your spirit to divine light and expand your being.”

### **My Dream Journal: A Personal Diary of Messages, Signs & Symbols to Guide Me ~ by Mary Amy**

Currently sold online Amazon and Arcade Booksellers in Rye, NY.

**BIO:** Mary Amy lives in New York. Mary works as a Intuitive Wisdom Coach,

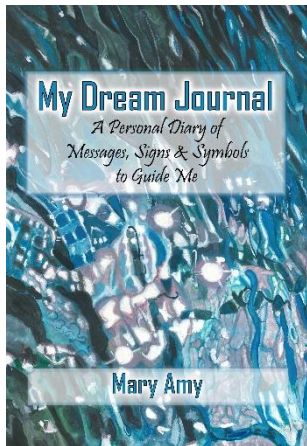


currently producing weekly Facebook Live Show, Angels God & Me on Wednesday morning's. Mary hosted a weekly radio show Dream Reality for three months in 2019 for A1R Psychic Radio & Moonstruck TV. Her children's book, Earthly and the Gemstones is available on Amazon. Mary's new Video, How To Be A Light Being Video is available at the online Metaphysical School. My Dream Journal: A Personal Diary of Messages, Signs & Symbols to Guide Me is sold on Amazon. Mary, born an Empath, has utilized her clairvoyant gifts for the past six years. She is capable of receiving images, symbols, divine

messages, having visions and premonition dreams. Her clients have ranged from stay-at-home moms, business professionals, musicians, corporate GM's, to elementary school teachers and corporate events for national brands.

Ms. Amy is a certified Reiki Master. She is an ordained Minister, Order of Melchizidek. Mary is a certified Wisdom Intuitive, dedicating herself to healing positive outcomes for her clients.

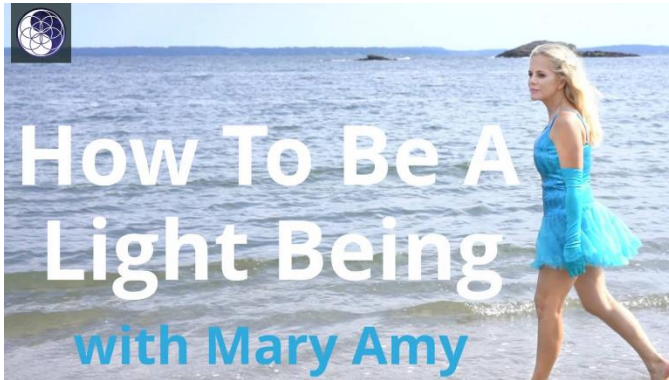
Mary Amy is a member of the International Association Reiki Practitioners (IARP).



**My Dream Journal: A Personal Diary of Messages, Signs & Symbols to Guide Me ~ by Mary Amy (available on Amazon)**

Unlock the power of your dreams. The Dream Journal include a dream log and a section to help you interpret and understand your dreams.

Mary Amy, Intuitive Wisdom Coach, conveys an effective theorization to achieve enlightenment. Through her fifteen reflective exercises for the mind-body-soul you are capable of establishing a connection to divine light.



**Available on Metaphysical-School**

*How To Be A Light Being* offers possibilities to discovering yourself. A world of beauty, goodness and hope. Creator Mary Amy imagines we can all find our own happiness with self-healing techniques, she shares about shifting away darkness and replacing with light. The essence has ethereal qualities, clouds, nature, sunlight, and water that is mindful of our emotions. Each exercise

presented is demonstrated and explanations are given.



CONTACT: [info@maryamyofficial.com](mailto:info@maryamyofficial.com)

914-329-5870

WEBSITE: [maryamyofficial.com](http://maryamyofficial.com)

# Find Your Spiritual Self

Posted on July 20, 2018 by [Mary Amy](#), One of [Thousands of Spirituality Coaches on Noomii](#).

*We all carry a beautiful glowing inner spirit we are capable of connecting to if we choose.*

A spiritual state and presence of mind can come from knowing there is something bigger than us and that we are all connected on the planet Earth or that every living thing co-exists on a concrete level while there is an energetic, vibrational ebb and flow in nature.

Our spiritual sacred selves can contribute to the attainment of our dreams and desires when we exhibit the virtue of kindness, engage in positive thoughts, and practice visualization exercises.

We can love as much or as little as we like. If we make deliberate choices and have awareness of our circumstances, life can be easier at times. Getting to know ourselves by spending time quietly alone and gaining insight into our minds thoughts may reveal answers to us.

Consciously ask yourself, Why do I frequently think of? Take a moment to slow down your behavior in everyday life, giving awareness to the subtle messages the universe is sharing with you. These messages can be a pathway for your internal guide.

Embrace your authentic self and search for your meaning of life and the purpose of your existence. I believe in looking beyond the surface to the beauty of natureits miracles may open your eyes to another world.

The mood and feelings you experience when watching the sunlight glisten on the water at the beach, seeing a colorful field of flowers, or observing the energy of a waterfall may transform you. All living things are unique and beautiful in their own way. Pay tribute to our Earth, land, and water. Cherish the wildlife, birds, insects, and fish.

We are able to connect to our spiritual essence by listening to our hearts. How can you tap into your essence? Begin each day by stating to yourself, I love you, and in the evening, end with a gratitude prayer to the universe. A spiritual mindset of love, forgiveness, joy, hope, kindness, and compassion is healing to your well-being.

Being a spiritual person will align you with your own inner light and divine spirit, cultivating a peaceful, calm, and serene existence.

Suggestions for opening up your spiritual senses:

Drink water, cleanse yourself with water in a bath or shower.

Swim in a pool, lake, or ocean.

Eat a bowl of fresh fruit or vegetables.

Listen to a guided meditation.

Take a daily dose of time outdoors or walk alone in nature.

Spend thirty minutes alone in a quiet space at home.  
Ground yourself by placing your bare feet on the roots of a tree and your hands on the trunk. Ask for guidance.  
Speak and demonstrate only kindness to others.  
Breathe.  
Release anxiety and stress through words or by keeping a personal journal.  
Hug a friend, laugh, or smile to lift up your mood.  
Plant a vegetable, herb, or flower garden.  
Write down your dreams every morning.  
Try a healing treatment to open and align your chakras: Reiki, acupuncture, or vibrational healing.  
Collect colorful gemstones known for their healing properties.

## Happiness, Love, Rewards, and Dreaming Big!

Posted on July 20, 2018 by [Mary Amy](#), One of [Thousands of Spirituality Coaches on Noomii](#).

*Manifesting your dreams isn't as difficult as you think, it's more about knowing simple steps to getting yourself clearly lined up with the Universe.*

I am a firm believer that we should all dream big and anything can be manifested into existence. Of course, that is if you don't subject yourself to negativity or block yourself from all the good stuff on planet Earth.

I love to help others find their path. How long does it take? When will it happen? Are the most frequently asked questions. That is entirely up to you because making changes involves healing. You are removing a state of mind, an old perspective, and replacing it with positivity, faith, and a new found connection to your spirit. You are rejoining parts of you that separated yet are able to reunite. Life experiences and tragedies have blocked the real you and your essence from progressing to your fullest potential. Here are a few easy intentional steps to create personal happiness:

Begin today or tomorrow by imagining for one second your dream goal, and the positive emotions you will feel attaining it. Please don't pressure yourself we all work at a different pace. These are suggestions not demands. When you are ready—

Write down your goal. Close your eyes and see exactly what you want with as many details as possible, using all your senses. Practice feeling the joy you will have from getting your dream to come true. Speak to yourself in present terms about whatever you want, as if you already have it. For example, "My \_\_\_ is \_\_\_\_." Continue to do this regularly. Be sure you are clear with no doubt and have released any negative opinions others have about your goal.