



BIO

Ahuilitzli Mejia

Pronounced Ah hweel eetz lee

The spiritual practices and healing modalities I use stem from an eclectic collaboration of teachings from many traditions. I have been providing spiritual and healing services and instruction since 1994 in both individual and group settings.

Throughout the years, I have experienced blessings from many traditions and traveled to sacred sites to meditate in nature. Occasionally, I have returned back to the community to bless homes or to provide spiritual support to individuals and their families during the process of death and dying.

The services I offer include DNA activations, guided shamanic journeys, EFT (Emotional Freedom Technique) individual sessions and group workshops, and TRE (Trauma Release Exercises) group workshops. I will also include teachings I received while living in a Thai Buddhist temple, such as meditation instruction and blessings of personal items.

My philosophy is to offer techniques which are user friendly and to the point without taking away from the effectiveness. My intent is that in doing so, these healing modalities can easily be learned and incorporated into your daily life so that you can continue to engage in self-care. Additionally, my hope is that you will then share these techniques with others.