

As a naturally gifted, professionally trained designer, Seer and energy worker, I help individuals and businesses discover and eliminate the energetic blocks holding them back from the successes in life they desire.

Skillset

Intuitive Business and individual Seer and energy sessions
Designer Intuitive brand consulting and art directing
Facilitator Business and individual intuitive energy classes and workshops

Experience

Master Seer/Certified Energy Healer/Facilitator

Antonine B. 2003 to Present

Business and individual intuitive sessions, vibration realignment and energy clearing. Healing sessions including Access Bars®, Karuna Reiki, Crystals, Elementals, meditations and/or breathing techniques. Creator and instructor of self empowerment and Hatha Yoga classes and workshops for groups, individuals and companies. Reiki training and attunement facilitator.

Owner/Designer/Intuitive Branding Director

ASB Design Inc. 1990 to Present

Design, create and implement branding and rebranding for companies and individuals, brand and advertising consulting, video editing, website design and build, signage design, artwork and printer coordination.

Designer/Partner

LTS Results, LLC 2014-2017

Created company branding logos and print materials, event planning and implementation, custom donor signage design, artwork and printer coordination.

Publications Specialist

University of California Davis, Medical Center 1988-1990

Designed print materials, advertising and signage, created original illustrations and logos, coordinated graphic production of projects.

Corporate Communications Artist

Deluxe Inc. 1985-1987

Designed and developed print materials, created graphics and layouts for top management's audio visual presentations.

Sample Awards

Presentation Materials Crystal Award - IABC/Sacramento, Sacramento CA
Print Media Ads/PSA's Crystal Award - IABC/Sacramento, Sacramento CA
Marketing/Advertising Award of Excellence - Association of American Medical Schools, Washington D.C.
Capitol Communicators Cappie Award - Sacramento Public Relations Association, Sacramento CA
Volunteer of the Year, Creative Work - Sacramento Police Department, Sacramento CA

Contact

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Certifications/Studies

2018

Access Bars® Facilitator
Quantum Physics • Chinese Symmetry

2017

Metaphysical Anatomy • Elementals • Past Life Regression

2016

Recode Your DNA For Wealth • Clearing Toxic Emotions
Dawn Clark, Austin TX

2014

Seer Mastery . Shaman Mastery
Hanakia Zedek, Minneapolis, MN

2013

Intuitive Mentorship
Cyndi Dale, Minneapolis, MN

2012

The Intuitive Apprenticeship
Cyndi Dale, Minneapolis, MN

2011

Energy Worker Certification
Normandale Community College, Mpls., MN
The Holistic Process
The Tools of the Energy Trade
Energy Anatomy: Channels, Fields, Centers
Energy Healing & Work Practices

Clairvoyance for Healing and Life Change
Self Mastery Level 1, 2 & 3 • Feng Shui
Normandale Community College, Mpls., MN

2010

Reiki Crystal Healing Training
Peace Place, Sedona AZ

Quantum Diamond, Manifesting and Healing
Normandale Community College, Mpls., MN

2009

Reducing Workplace Stress
Normandale Community College, Mpls., MN

2008

Registered Karuna® Reiki Master
Sun Moon Yoga Studios, Mankato MN

Science of Sound
Normandale Community College, Mpls., MN

2003 - 2007

Usui Reiki - Level I, II, ART, *Reiki Master*
Sun Moon Yoga Studios, Mankato MN

2003

Registered Hatha Yoga Teacher
Sun Moon Yoga Studios, Mankato MN

1990

Color Vibration & Theory
Sacramento State, Sacramento CA

1981

Commercial Art
Alexandria Technical & Community College, Alexandria MN