

The 13 Holy Nights

*A deeply contemplative
exploration and magically
transformative
manifestation ritual.*

*Brought to you by Room to Bloom
Empowerment and Inspirational Coaching*

What are the 13 Holy Nights?

The 13 Holy Nights ritual is a sacred and ancient practice that invites us to look deep within our inner selves while also serving as a manifestation portal into the year ahead. These 13 Holy Nights, beginning on sundown on December 24th and going through sundown on January 6th are thought to be a time when the “veil” is thinning, a time when manifestation powers are heightened, and a time where we can place seeds of intention for our year ahead. It is believed that this time of year brings us closer to spirit, and allows us to connect more deeply with our highest self and the divine spirit connecting us all.

I first discovered the 13 Holy Nights after it had just occurred, and I was unaware of the portal I had gone through. However, my initiation into this ritual is one that profoundly changed my life, and I have practiced and deeply honored this 13 Holy Nights ritual ever since.

On the morning of December 24th 2021, my father, AKA Fah-Jah,, who had been battling cancer for years and was on conscious life support in the hospital, made the decision to let go of his physical body and to allow his human life to naturally end. Together we navigated the logistics of this decision, one that had been heavily contemplated. All of the doctors informed us that he most likely would only “hang on” for a couple of hours or a couple of days when his conscious life support interventions were removed. Together Fah-Jah and I prepared for him to let go of this existence.

At sundown of December 24th, the team came in to remove Fah-Jah’s life supports. We all expected Fah-Jah to go peacefully and to do so quite quickly. However, much to everyone’s surprise, Fah-Jah did things his own way, as he always did, and defied the odds.

Fah-Jah hung on for 13 nights, conscious for the majority of that time while in and out of the spiritual space. He finally passed on from this existence just after sundown on the evening of January 6th 2022. I spent almost every moment at Fah-Jah’s side during this time, advocating for his care, and supporting him as I best could. During this time, I experienced some of the most profound and transformational spiritual experiences I’ve ever had as my father and I prepared for his death and explored both the spiritual and Earthly realms together.

Shortly after that experience, I came across a reference to “The 13 Holy Nights” and realized that Fah-Jah’s exit from this world directly corresponded to those nights. Although I didn’t consciously practice the traditional 13 Holy Nights ritual, my experience of those sacred, magical, mystical, and spirit-filled 13 days and nights with Fah-Jah showed me the ultimate power that this portal holds, and I have practiced the 13 Holy Nights Ritual ever since.

I am honored to share this space and time with you, and I hope that you too will find the power, magic, spirit, and divine light that these 13 Holy Nights hold.

What is the 13 Holy Nights Ritual?

The 13 Holy Nights Ritual is a deeply contemplative and introspective experience designed to allow you to look back at your previous year, look towards your year ahead, and connect you to spirit for guidance and support as you plant seeds for the year ahead.

Traditionally the ritual is completed with a combination of contemplation, meditation, divination, journaling, and manifestation practices. Let's define each of these tools:

- Contemplation - *"the practice of being fully present—in heart, mind, and body—to what is in a way that allows you to creatively respond and work toward what could be"*
- Meditation - *"refers to techniques that increase our awareness of our own thoughts and feelings as they unfold." Examples: Mindfulness Meditation, Breath Work, Sound Baths*
- Divination - *"the attempt to gain insight into a question or situation by way of a magic ritual or practice" Examples: Oracle Cards, Pendulums, Rune Casting, I-Ching*
- Journaling - *"the act of writing down thoughts, feelings, experiences, or ideas"*
- Manifestation - *"the practice of bringing something into reality through focused thoughts, beliefs, and visualizations" Examples: Visioning, Positive Affirmations, Mantras, Sankalpa*

In this exploration of the 13 Holy Nights we will utilize contemplative thinking, guided meditations, oracle cards, journaling, visioning, and positive affirmations to engage in the ritual. You are encouraged to utilize your own Oracle Card deck or other divination tools. Alternatively, you can also utilize the Oracle Cards pulled in the group video transmissions for your personal contemplation.

The Process and the Ritual Explained

As you explore the 13 Holy Nights, you are invited to bring in a sense of heightened awareness and curiosity to your full experience of life including your dream space. Keep an eye open for those universal nods, divine symbols, and serendipitous experiences.

The ritual of the 13 Holy Nights expands into the entire experience of this sacred portal including the days and the nights. As you move with the energy, you will find the flow.

*The most important thing is to keep an open mind and open heart throughout the process. I invite you to bring in curiosity, acceptance, and gentle surrender. I also invite you to let go of judgement, and to give yourself some extra time to just **BE** throughout this ritual and this sacred portal of space and time. **TRUST** in your intuition, connection, and spirit.*

Each day, invite in a sense of awareness, openness, and curiosity for what the day ahead shows you. Take mental notes of any powerful experiences, themes, or recurring thoughts.

Give yourself about a half hour to an hour each evening to dedicate to this ritual. Begin by creating a safe and sacred space for yourself, perhaps lighting a special candle or incense, adjusting the lighting, and preparing a cup of soothing tea to imbibe.

After you've created your contemplative space, you are invited to engage in a short meditative practice to connect to the sacred energy of this portal.

Once you've completed a meditative practice, you are encouraged to contemplate and journal the day's themes, experiences, or anything of note. You can then contemplate the experiences of the specific holy night's corresponding month from the previous year. (For example on night 2 you will be contemplating the month January).

After contemplating the present and past, you are then encouraged to utilize visioning and divination for contemplating and manifesting the future. Begin by thinking and feeling out what you would like to manifest or imprint on the year ahead for the corresponding month. Divination tools such as Oracle Cards can be used in this portion of the ritual to enhance your visioning, contemplation and manifestation.

This guide is designed to allow you to engage with this sacred portal and ritual with ease and flow, and the following pages will guide you along each step of the process.

Night One

The Whole Year: Looking Back

The first night of the 13 Holy Nights invites us to look at the entire year behind us and the entire year ahead of us.

As you begin your engagement with this sacred energy and sacred portal of time and space, open your mind to be aware of the major themes, experiences, lessons, challenges, gifts, changes, or anything else of note throughout the past year.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you.

*What major themes, ideas, challenges, lessons, gifts, changes etc. took place this year?
There is more space on the next page for you to utilize in this contemplation.*

Night One

The Whole Year

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this year?
(continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night One The Whole Year Letting Go and Calling In

What would you like to let go of in the year ahead? What would you like to call in or manifest for the year ahead?

Night One

The Whole Year

Diving The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the year ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the year ahead?

Night Two

January: Looking Back

The second night of the 13 Holy Nights invites us to look at the month of January behind us, and the month of January in front of us.

As you continue your engagement with this sacred energy and sacred portal of time and space, open your mind to be aware of the major themes, experiences, lessons, challenges, gifts, changes, or anything else of note throughout the past January. Maybe revisit your journals or take time exploring photos and experiences to get a sense of what January held for you.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you.



Night Two

January

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous January? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Two January Letting Go and Calling In

What would you like to let go of in January for the year ahead? What would you like to call in or manifest for January in the year ahead?

Night Two

January

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of January ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of January in the year ahead?

Night Three

February: Looking Back

The third night of the 13 Holy Nights invites us to look at the month of February behind us, and the month of February in front of us.

As you deepen your engagement with this sacred portal of time and space, allow yourself to open your mind to be aware of the major themes, experiences, lessons, challenges, gifts, changes, or anything else of note throughout the past February. Maybe revisit your journals or take time exploring photos and experiences to get a sense of what February held for you.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous February?

There is more space on the next page for you to utilize in this contemplation.

Night Three

February

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous February? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Three

February

Letting Go and Calling In

What would you like to let go of in February for the year ahead? What would you like to call in or manifest for February in the year ahead?

Night Three

February

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of February ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of February in the year ahead?

Night Four

March: Looking Back

The fourth night of the 13 Holy Nights invites us to look at the month of March behind us, and the month of March in front of us.

As you dive deeper and open up to the flow of this sacred energy and sacred portal of time and space, open your mind and your heart to connect with your spirit as you contemplate the major events, challenges, themes etc. of March of last year. Maybe revisit your journals or take time exploring photos and experiences to get a sense of what March held for you.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous March?

There is more space on the next page for you to utilize in this contemplation.

Night Four March Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous March? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Four March Letting Go and Calling In

What would you like to let go of in March for the year ahead? What would you like to call in or manifest for March in the year ahead?

Night Four March Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of March ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of March in the year ahead?

Night Five

April: Looking Back

The fifth night of the 13 Holy Nights invites us to look at the month of April behind us, and the month of April in front of us.

As you continue to flow with this sacred energy and portal of time and space, open your mind and your heart to connect with your spirit as you contemplate the major events, challenges, themes etc. of April of last year. Maybe revisit your journals or take time exploring photos and experiences to get a sense of what April held for you.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous April?

There is more space on the next page for you to utilize in this contemplation.

Night Five

April

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous April? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Five April Letting Go and Calling In

What would you like to let go of in April for the year ahead? What would you like to call in or manifest for April in the year ahead?

Night Five

April

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of April ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of April in the year ahead?

Night Six

May: Looking Back

The sixth night of the 13 Holy Nights invites us to look at the month of May behind us, and the month of May in front of us.

As you continue to flow with this sacred energy and portal of time and space, open your mind and your heart to connect with your spirit as you contemplate the major events, challenges, themes etc. of May of last year. Maybe revisit your journals or take time exploring photos and experiences to get a sense of what May held for you.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous May?

There is more space on the next page for you to utilize in this contemplation.

Night Six May Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous May? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Six May Letting Go and Calling In

What would you like to let go of in May for the year ahead? What would you like to call in or manifest for May in the year ahead?

Night Six May Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of May ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of May in the year ahead?

Night Seven

June: Looking Back

Cheers to you for making it halfway in this deeply transformative ritual! Take time to celebrate yourself for making it this far and for deeply committing to yourself in this powerful way. The seventh night of the 13 Holy Nights invites us to look at the month of June behind us, and the month of June in front of us.

As you continue to flow with this energy, you are invited to connect with your spirit to contemplate and look back on the major themes, challenges, ideas, etc. from the past June.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous June?

There is more space on the next page for you to utilize in this contemplation.

Night Seven

June

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous June? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Seven:

June

Letting Go and Calling In

What would you like to let go of in June for the year ahead? What would you like to call in or manifest for June in the year ahead?

Night Seven

June

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of June ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of June in the year ahead?

Night Eight

July: Looking Back

We are now making our way into the energies of the second half of the next year. The eighth night of the 13 Holy Nights invites us to look at the month of July behind us, and the month of July in front of us.

As you continue to flow with this energy, you are invited to connect with your spirit to contemplate and look back on the major themes, challenges, ideas, etc. from the past July.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous July?

There is more space on the next page for you to utilize in this contemplation.

Night Eight

July

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous July? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Eight

July

Letting Go and Calling In

What would you like to let go of in July for the year ahead? What would you like to call in or manifest for July in the year ahead?

Night Eight

July

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of July ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of July in the year ahead?

Night Nine

August: Looking Back

The ninth night of the 13 Holy Nights invites us to look at the month of August behind us, and the month of August in front of us.

By now you have deepened into this sacred ritual energy, and you should be feeling even more connected to this sacred portal of time and space. As you continue to flow with this energy, you are invited to connect with your spirit to contemplate and look back on the major themes, challenges, ideas, etc. from the past August.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous August?

There is more space on the next page for you to utilize in this contemplation.

Night Nine

August

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous August? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Nine August Letting Go and Calling In

What would you like to let go of in August for the year ahead? What would you like to call in or manifest for August in the year ahead?

Night Nine

August

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of August ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of August in the year ahead?

Night Ten

September: Looking Back

The tenth night of the 13 Holy Nights invites us to look at the month of September behind us, and the month of September in front of us.

Trust in your own natural flow as you engage with this sacred portal, and remember to invite in curiosity and acceptance. Allow yourself to TRUST. As you continue to flow with this energy, you are invited to connect with your spirit to contemplate and look back on the major themes, challenges, ideas, etc. from the past September.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous September?

There is more space on the next page for you to utilize in this contemplation.

Night Ten September Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous September? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Ten September Letting Go and Calling In

What would you like to let go of in September for the year ahead? What would you like to call in or manifest for September in the year ahead?

Night Ten

September

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of September ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of September in the year ahead?

Night Eleven

October: Looking Back

The eleventh night of the 13 Holy Nights invites us to look at the month of October behind us, and the month of October in front of us.

This time of year is when we are reminded how beautiful letting go can be. You are invited to let go of your expectations as you continue this journey. As you continue to flow with this energy, you are invited to connect with your spirit to contemplate and look back on the major themes, challenges, ideas, etc. from the past October.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous October?

There is more space on the next page for you to utilize in this contemplation.

Night Eleven

October

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous October? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Eleven

October

Letting Go and Calling In

What would you like to let go of in October for the year ahead? What would you like to call in or manifest for October in the year ahead?

Night Eleven

October

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of October ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of October in the year ahead?

Night Twelve

November: Looking Back

The twelfth night of the 13 Holy Nights invites us to look at the month of November behind us, and the month of November in front of us.

As we are coming to the end of this ritual, we are also coming towards the end of this next year's imprinting. Allow yourself to really feel this energy and connection you have cultivated as you continue to connect with your spirit to contemplate and look back on the major themes, challenges, ideas, etc. from the past November.

Allow yourself to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous November?

There is more space on the next page for you to utilize in this contemplation.

Night Twelve November Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous November? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Twelve November Letting Go and Calling In

What would you like to let go of in November for the year ahead? What would you like to call in or manifest for November in the year ahead?

Night Twelve

November

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of November ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of November in the year ahead?

Night Thirteen

December: Looking Back

The thirteenth and final night of the 13 Holy Nights invites us to look at the month of December behind us, and the month of December in front of us.

As we are coming to the close of the sacred ritual and portal, I invite you to make tonight's contemplation time extra special as you are completing a truly magical and magnificent ritual. Take time to celebrate this level of dedication to yourself and to remember that this connection is ALWAYS available to you! You just have to choose to open up to it.

Allow yourself to continue to open up to a heightened sense of awareness, inviting the universal spirit to connect and communicate with you throughout your day.

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous December?

There is more space on the next page for you to utilize in this contemplation.

Night Thirteen

December

Contemplating Today's Messages

What major themes, ideas, challenges, lessons, gifts, changes etc. took place this previous December? (continued)

What major themes, thoughts, experiences, symbols, or ideas presented themselves to you today? What is noteworthy from today for your contemplation?

Night Thirteen

December

Letting Go and Calling In

What would you like to let go of in December for the year ahead? What would you like to call in or manifest for December in the year ahead?

Night Thirteen

December

Divining The Future

What tool did you use for divination? What messages are coming through to you utilizing this divination and contemplating on the month of December ahead?

Let yourself freely write here, and be open and curious to what comes through. Allow your observations and messages received today to inspire your contemplation and manifestation. Do not judge, simply flow and express whatever comes up.

Is there an affirmation or mantra that you would like to create to represent the energy you are calling in for the month of December in the year ahead?

Closing Thoughts and Contemplations

Congratulations dear soul on completing this magical, sacred, powerful, and transformational ritual. It has been an absolute honor to walk alongside you in this deeply contemplative journey. Please feel free to use the space below to add any closing thoughts, feelings, experiences, or anything else that you feel you would like to document.

I also invite you to utilize this space for "free writing" or "channel writing" as you are deeply connected to spirit. Below are some prompts that you can ask your spirit, subconscious, higher self etc. if you are feeling stuck or looking for additional guidance in this final journaling experience.

What does my soul want me to know right now?

What feeling will I benefit from experiencing more?

What gift do I have to share with the world?



Closing Thoughts and Contemplations



A large white rectangular area for writing, framed by a decorative border with floral and scrollwork patterns in shades of purple, pink, and blue. The border is composed of repeating geometric and organic shapes, creating a delicate, lace-like effect. The central white area is intended for handwritten notes or reflections.

The 13 Holy Nights

Brought to you by Connie Greisz founder of Room to Bloom Empowerment and Inspirational Coaching



Connie Greisz is a Certified Holistic Empowerment Coach, Certified Sound Healer Meditation, and Breath Work Teacher, Gene Keys Guide, Mental Health Professional, and Personal Power Enthusiast.

Connie's work is grounded in science, led intuitively by spirit and tailored to help you find and fully embody your highest potential.

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