



PIRITUAL



LIFE



COACHING



## ABOUT M. BRIDGIT O'SULLIVAN



Bridgit became interested in the study of metaphysics when she was 22 years old. She had a life-changing experience when traveling to India, which opened her up to a larger more universal view of Life. It catapulted her into a thirst for knowledge and truth beyond her childhood conditioning.

Bridgit spent the next 10 years exploring—reading, joining groups, practicing yoga and focusing on a healthy lifestyle. However, something was missing so she continued to search to make sense of her life in this world. At the age of 33 she joined a group

that would become a long time home for her. This group life resonated deep inside and would prove to be her greatest teacher for the next 30 years. Her spiritual journey has become a rich balance of learning and teaching both within a practical down to earth framework. Bridgit thoroughly enjoys teaching and guiding individuals on path to find purpose and meaning in their lives. One of her fundamental beliefs is that purpose from deep within is the driving energy that moves human beings to experience truth, beauty and goodness and ultimately Love.



## COACHING WITH BRIDGIT: HOW IT WORKS

Bridgit's real love is to teach and coach individuals who are becoming aware of the limitations of their personality's life and thirsty for a more purposeful life. These coaching sessions are intended to assist individuals in building a bridge in consciousness to one's Soul Life opening up to a life of happiness, wellness, and balance.

Coaching sessions involve various methods and techniques utilizing the principles of Astrology, Life Planning and Conscious Living. Astrology is the study of cycles bringing about an understand of the interconnectedness of all life. Life Planning and Conscious Living embodies the idea "As you think, so you are". Individuals will be provided the opportunity to understand and work with the subconscious mind, an automatic mechanism which drives one's thinking, feeling, and behaviors. These coaching sessions are founded on the principle of self-determination. Individuals will be encourage to determine their future rather than remain imprisoned by their past.

Bridgit also coordinates the "I MATTER" Salon which provides services for individuals to receive energy and body work by balancing through meridian and energy centers or chakras. With the understanding that our etheric dense physical body is the temple for the Soul to embody, then consistent care and nurturing is an essential component to wellness. The etheric dense physical body needs energy work, body work, clearing and cleansing on all levels. Services include massage and acupuncture.



## FOR MORE INFORMATION OR TO GET STARTED

Contact Bridgit O'Sullivan @ [bridgitchemam@gmail.com](mailto:bridgitchemam@gmail.com) or [www.chemam.org](http://www.chemam.org)  
(216-261-2502)

Sessions held @ Laughing Creek 250 Richmond Rd. Richmond Hts., OH. 44143