

12 PRACTICES FOR LIVING AT FULL POWER

A manual to help you fully connect with your feminine power, create turning points, and live free, light, and fulfilled.

BY MICHAL SPIEGELMAN





12 PRACTICES FOR LIVING AT FULL POWER

For many years, I have watched my women friends, soul sisters, and colleagues hide in the back and allow others to dim their lights. As a coach and teacher, I have helped thousands of women to navigate a process of change so they can live at full power. At the same time, life has offered me my own challenges, and I have had lots of opportunities to fall and rise, to step out of my comfort zone, and to stretch myself on a personal and professional level. Making myself vulnerable and sharing my personal transformation with my tribe has become my way of life.

I created this manual to embolden women to live free, light, and fulfilled, but it has been years in the making. The world around us is intense, and we are being called, now more than ever, to stretch beyond our comfort zones. I could write an entire book about each of these twelve practices because there is so much depth and richness to their lessons.

The women in the Beacons of Change community speak this language and choose it as a way of life. By reading this guide and doing the work, you are taking the first step to becoming the beacon of change you are meant to be.

Shine on!

Michal

TWELVE PRACTICES FOR LIVING AT FULL POWER

1. Create your own turning points.

Most of us view major life events as turning points. You get married. You become a parent. You watch your children leave the nest. When we look back at these key moments, we realize that they helped us to pivot in a new direction. Major transitions can naturally become turning points.

Another type of turning point happens in a crisis. You get sick. You lose a loved one. You get laid off. We can choose to see a crisis as a wakeup call—an opportunity—to start a new chapter and, in turn, manage the crisis better.

But what if turning points don't just happen by themselves? What if you can actually create a turning point at any given moment? Every thought, feeling, and action—even the smallest stuff we deal with daily—is an invitation to turn things around if we so choose. *Every moment marks an opportunity to create a small turning point.*

2. Love your Goddess.

Your Goddess holds your feminine power for you. She invites you to tap into your femininity with emotional awareness and creativity. Your Goddess holds a safe space for you to love yourself and to believe in yourself—to feel like you are enough. Your Goddess's job is not always easy because your inner critic is often louder than her voice. She needs to fight to be heard. Your job is to dim the light of your negative self-talk and shine the light on your Goddess.

Your Goddess speaks the language of inner wisdom, strength, compassion, confidence, intuition, and self-love. Your inner critic speaks the language of fear, shame, blame, doubt, and criticism. She is the active, bossy, controlling one. She is used to trying to protect you from hurt. She is not going to let go of this responsibility unless you take over and show her who is the boss.

It is time to reconnect with the feminine wisdom that lives within you.

3. Live outside your comfort zone.

Creating a comfort zone is a healthy part of life. It protects us and keeps us safe. At the same time, it is easy to get into a habit of cocooning ourselves in a bubble. If we stick with what feels familiar and safe and don't push ourselves to heal, grow, and expand, we are choosing the easy way out: to stay exactly where we are. To stretch ourselves, we must be intentional and mindful about the following truth: The only way to step into your greatness and become the source of light you are meant to be is to venture out of your comfort zone.

How do you do it? You keep facing your fears. You keep testing your limitations. You keep turning every challenge into an opportunity. You show a side of yourself you've never shown before. You try new things, and you take risks. Staying in your comfort zone means staying small. But stepping out of your comfort zone means opening yourself to a world of possibilities. Stepping out of your comfort zone is where learning takes place.

4. Bring purpose to pain.

When you look at the night sky, the darkness can feel overwhelming. You might feel as small as the faraway stars. But there is something else that is really important for us to remember. At some point, every day, the darkness slowly shifts into light. The moon and the stars keep traveling. The sun rises.



This transition from darkness to light seems to be effortless and natural for the planet. Why can't it be as easy for us to transform darkness to light in our lives?

Just as nature does, you can transform your darkness to light with ease and serenity. But here is what you must do first: You must accept, embrace, and own the darkness as a healthy part of your life. You must bring purpose to your pain.

It's not your fault when you're sick. It's not your fault when you're going through a painful experience. But it is your responsibility to heal.

5. Turn challenges into opportunities.

Change is part of life. We are surrounded by news of natural disasters, wars, and political chaos. Every challenge, crisis, or transition you face provides you with the opportunity to understand yourself better, to realign with your core values, and to honor your authentic self. You can't control world events, but you can control how you respond to them. You can turn a challenge into an opportunity by approaching it with courage. You can reconnect with your inner strength, your skills, your life experience, and use those tools when coping with an obstacle. It is up to you whether you will develop a "survivor" approach to challenging times, or if you will use those times to heal, grow, learn, and expand. I don't believe that all bad things happen for a reason. Life is life. Bad things happen. But once they happen, we do have the power to stretch ourselves and grow from the experience.

The Dalai Lama said, "When we meet real tragedy, we can react in two ways: either by losing hope and falling into self-destructive habits or by using the challenge to find our inner strength."

6. Embrace change with joy.

Joy is one of the most powerful tools you have. It is your responsibility to understand the value of joy and to remember that you can choose to bring joy into all that you do. Even when the circumstances are hard, you can bring joy to the process of change. Making joy a priority—even a life purpose—is a game changer.

Many of us grow up learning that fun is a waste of time. That you are only allowed to have fun after you have crossed a task off the to-do list, accomplished a goal, or achieved a milestone. But the truth is, giving yourself permission to have fun will make you more productive. Positive energy acts like a support system for your goals. When you face a low moment, lean into your joy and give yourself permission to gain hope, to see the light at the end of the tunnel, and to seek happiness.

7. Engage in radical self-care.

Practicing radical self-care is not selfish. Self-care is a necessity and a sacred responsibility. We can only be in service to others if we truly take care of ourselves. Making self-care a high priority forces us to set boundaries. When we say no to others, we say yes to ourselves. Engaging in radical self-care allows us to make our greatest contributions to the world. Women are givers. The world needs us. But we cannot serve when we are drained and depleted. We cannot serve when we overgive, overdo, overcare, overschedule and over_____ (fill in the blank—I'm sure you've got some ideas!)

Radical self-care is not about getting a massage or doing your nails (even though both are pleasurable self-care activities!) You can add the word "radical" to self-care when you do the inner work. You practice compassion. You talk nicely to yourself. You love yourself. You say the truth. You stand up and roar. You don't allow anything or anyone to dim your light. You shine brighter when you care for yourself.

8. Stand up and roar!

You and I have done a lot of inner work. We are in such a better place compared to where we were before. So why do we still feel as if we are not good enough?

Growing up, we interpreted the messages we got from the world around us in the best way we could. As society told us, "Try harder! You can do better than that!", we internalized the belief that we were not enough. Regardless of the reality, we kept false evidence to show that we could and should have done better. Feeling not good enough became our default. Now, as adults, whenever we are triggered, we drop back to our default reaction.

I want you to hear me out because this is really important: *Whenever we're triggered, we drop back to our default reaction.* Our default reaction is to feel unworthy.

Life is short. It's time to start showing up and living at full power. Stop feeding your inner critic and start feeding your inner lion. Stop giving energy to the monster. Gather your courage and roar.

9. Be human. Be imperfect.

Perfectionism is a form of armor that makes us think that we are protected from hurt. If people don't see us as we really are, we think, they can't hurt us. So we walk around with an "I am perfect" sign on our foreheads. But what this sign actually protects us from is being seen. It's time to stop caring about what other people think and have the courage to be seen as human and imperfect.

Perfectionism causes stress. We believe that we're only worthy and lovable when we're "perfect." The stress takes a toll on our behavior, our attitudes, and eventually our health. Letting go of investing 150 percent of our energy into making things "super good"—and instead allowing ourselves to give, maybe, 80 percent—is necessary when we teach ourselves how to be less than perfect.

Instead of expecting yourself to be perfect, tell yourself that you are doing the best you can with every single moment. And when you fall, because you will, rise. Always rise!

10. Rise and shine!

In the movie *The Last Word*, Shirley MacLaine's character tells us, "Fail. Fail spectacularly. When you fail, you learn. When you fail, you live."

Failing is painful. But it's the only way to grow and get stronger. In order to live at full power, you must take the risk of failing. You must step out of your comfort zone, practice courage, and, whenever you fall, rise. You must choose courage over staying comfortable.

You start small. You get hopeful. You treat yourself with empathy and compassion. You bring purpose to your failures. You understand the lessons. You make yourself vulnerable with someone you trust. You remind yourself that you've been in the dark before, and you've always come out the other side.

You remind yourself that you are a beacon. You are a source of light. You connect with your inner light. The light that always shines. The spark that is buried in your heart and is ready to get ignited. You bring divine light in. And you shine your light because you know that doing so is the only way to live.

11. Balance doing with being.

We cannot live at full power without being mindful and awake to life. When life speeds up, we easily become human doings, rather than human beings. We must undo the habit of overdoing. We must develop a daily practice of balancing the doing with being.

Your practice can take different forms. It can take five minutes or twenty minutes. But regularly centering yourself and practicing mindfulness is non-negotiable when you are ready to live as a beacon. Meditation is the most effective form of centering yourself. But meditation is not the only way.

I started practicing Reiki in 1996. Giving myself Reiki every day has become my powerful practice of balancing doing with being. Whether you choose Reiki, yoga, meditation, or another practice, developing and maintaining a practice of your own is important.

You can start really small, with being mindful. Mindfulness is paying attention to your current experience without judging it, staying present and awake. When you are mindful, you are open to all the senses. When a thought comes up, you recognize it, accept it, and return to the present without staying in the "thinking world."

12. Beacon in! Beacon out!

Depending on where you are in your spiritual journey, your inner light might be dim, or it might be bright. But it's there, ready for you to tap into whenever you want. It is always in your hands to ignite the spark that is hidden inside your heart.

There are two ways to beacon in: Create a deeper connection with your inner light and bring in divine light. Eventually, you will shine so bright that you will radiate your light to others. Sharing your light can take different forms. If you are a healing art practitioner, a teacher, a therapist, or a coach, you can actively help people through the work that you do. But you can also make a difference simply by rising and shining—bringing curiosity, wonder, joy, and compassion into your daily life.

Once you are beacons in, you can beacon out. To beacon out means to remember that you are a beacon and to accept your responsibility—our responsibility—to be a source of light and guidance for others.



PRACTICE #1: CREATE YOUR OWN TURNING POINTS.

Most of us view major life events as turning points. You get married. You become a parent. You watch your children leave the nest. When we look back at these key moments, we realize that they helped us to pivot in a new direction. Major transitions can naturally become turning points.

Another type of turning point happens in a crisis. You get sick. You lose a loved one. You get laid off. We can choose to see a crisis as a wakeup call—an opportunity—to start a new chapter and, in turn, manage the crisis better.

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REFLECTION QUESTIONS

- What major life event helped you to pivot in a new direction?
- What big turning point are you ready to create in your life?
- What small turning point are you ready to create in your life?

A SINGLE POINT OF FOCUS

Start paying attention to moments in your day where you can create turning points.

LIGHTBULBS

Every moment marks an opportunity to create a small turning point.

What is another lightbulb?

PRACTICE #2: LOVE YOUR GODDESS.

Your Goddess holds your feminine power for you. She invites you to tap into your femininity with emotional awareness and creativity. Your Goddess holds a safe space for you to love yourself and to believe in yourself—to feel like you are enough. Your Goddess's job is not always easy because your inner critic is often louder than her voice. She needs to fight to be heard. Your job is to dim the light of your negative self-talk and shine the light on your Goddess.

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It is time to reconnect with the feminine wisdom that lives within you.

REFLECTION QUESTIONS

- When was a time that your Goddess was happy and free?
- What do you currently do that feeds and nurtures your Goddess?
- What else can you do to fully connect with your inner Goddess and allow her to shine?

A SINGLE POINT OF FOCUS

Start a dialogue with your Goddess, and invite her to be more present in your life.

LIGHTBULBS

You can choose whether to feed your Goddess or to feed your inner critic.

What is another lightbulb?

PRACTICE #3: LIVE OUTSIDE YOUR COMFORT ZONE.

Creating a comfort zone is a healthy part of life. It protects us and keeps us safe. At the same time, it is easy to get into a habit of cocooning ourselves in a bubble. If we stick with what feels familiar and safe and don't push ourselves to heal, grow, and expand, we are choosing the easy way out: to stay exactly where we are. To stretch ourselves, we must be intentional and mindful about the following truth: The only way to step into your greatness and become the source of light you are meant to be is to venture out of your comfort zone.

How do you do it? You keep facing your fears. You keep testing your limitations. You keep turning every challenge into an opportunity. You show a side of yourself you've never shown before. You try new things, and you take risks. Staying in your comfort zone means staying small. But stepping out of your comfort zone means opening yourself to a world of possibilities. Stepping out of your comfort zone is where learning takes place.

REFLECTION QUESTIONS

- Where in your life do you choose to stay in your comfort zone?
- What is the cost and what is the reward of staying there?
- What is one area of life where you are willing to stretch yourself and choose courage over staying comfortable?

A SINGLE POINT OF FOCUS

Make it your daily mantra: I choose courage over comfort.

LIGHTBULBS

Stepping out of your comfort zone is where learning takes place.

What is another lightbulb?

PRACTICE #4: BRING PURPOSE TO PAIN.

When you look at the night sky, the darkness can feel overwhelming. You might feel as small as the faraway stars. But there is something else that is really important for us to remember. At some point, every day, the darkness slowly shifts into light. The moon and the stars keep traveling. The sun rises.

This transition from darkness to light seems to be effortless and natural for the planet. Why can't it be as easy for us to transform darkness to light in our lives?

Just as nature does, you can transform your darkness to light with ease and serenity. But here is what you must do first: You must accept, embrace, and own the darkness as a healthy part of your life. You must bring purpose to your pain.

It's not your fault when you're sick. It's not your fault when you're going through a painful experience. But it is your responsibility to heal.

REFLECTION QUESTIONS

- What dark parts of your life are you ready to embrace?
- What would be different in your life if you accepted darkness as part of your light journey?
- What might be a bigger purpose of pain you are experiencing right now in your life?

A SINGLE POINT OF FOCUS

Make friends with the darkness. Literally and metaphorically.

LIGHTBULBS

Pain is inevitable. Suffering is optional.

What is another lightbulb?

PRACTICE #5: TURN CHALLENGES INTO OPPORTUNITIES.

Change is part of life. We are surrounded by news of natural disasters, wars, and political chaos. Every challenge, crisis, or transition you face provides you with the opportunity to understand yourself better, to realign with your core values, and to honor your authentic self. You can't control world events, but you can control how you respond to them. You can turn a challenge into an opportunity by approaching it with courage. You can reconnect with your inner strength, your skills, your life experience, and use those tools when coping with an obstacle. It is up to you whether you will develop a "survivor" approach to challenging times, or if you will use those times to heal, grow, learn, and expand. I don't believe that all bad things happen for a reason. Life is life. Bad things happen. But once they happen, we do have the power to stretch ourselves and grow from the experience.

The Dalai Lama said, "When we meet real tragedy, we can react in two ways: either by losing hope and falling into self-destructive habits or by using the challenge to find our inner strength."

REFLECTION QUESTIONS

- Looking back at your life, what's a challenge that you were able to turn into opportunity?
- What helped you turn that challenge into an opportunity?
- How can you use the same skills or strategies right now to help you deal with a challenge?

A SINGLE POINT OF FOCUS

When facing an obstacle or going through a challenging time, start looking for the opportunity.

LIGHTBULBS

You can't control the world, but you can control how you respond to it.

What is another lightbulb?

PRACTICE #6: EMBRACE CHANGE WITH JOY.

Joy is one of the most powerful tools you have. It is your responsibility to understand the value of joy and to remember that you can choose to bring joy into all that you do. Even when the circumstances are hard, you can bring joy to the process of change. Making joy a priority—even a life purpose—is a game changer.

Many of us grow up learning that fun is a waste of time. That you are only allowed to have fun after you have crossed a task off the to-do list, accomplished a goal, or achieved a milestone. But the truth is, giving yourself permission to have fun will make you more productive. Positive energy acts like a support system for your goals. When you face a low moment, lean into your joy and give yourself permission to gain hope, to see the light at the end of the tunnel, and to seek happiness.

REFLECTION QUESTIONS

- Think about a time when you felt joyful. Relive the experience in your mind. How does it make you feel?
- What do you currently do in your life that sparks joy?
- What is one simple way you can bring more joy to your daily routines?

A SINGLE POINT OF FOCUS

Write it on a sticky note and ask yourself often:
How much fun can I have right this moment?

LIGHTBULBS

When you give yourself permission to lean into your joy, your experience of life changes for the better.

What is another lightbulb?

PRACTICE #7: ENGAGE IN RADICAL SELF-CARE.

Practicing radical self-care is not selfish. Self-care is a necessity and a sacred responsibility. We can only be in service to others if we truly take care of ourselves. Making self-care a high priority forces us to set boundaries. When we say no to others, we say yes to ourselves. Engaging in radical self-care allows us to make our greatest contributions to the world. Women are givers. The world needs us. But we cannot serve when we are drained and depleted. We cannot serve when we overgive, overdo, overcare, overschedule and over_____ (fill in the blank—I'm sure you've got some ideas!)

Radical self-care is not about getting a massage or doing your nails (even though both are pleasurable self-care activities!) You can add the word "radical" to self-care when you do the inner work. You practice compassion. You talk nicely to yourself. You love yourself. You say the truth. You stand up and roar. You don't allow anything or anyone to dim your light. You shine brighter when you care for yourself.

REFLECTION QUESTIONS

- What would it look like if you stopped feeling guilty when caring for yourself?
- What is the first thing you would do if you really allowed yourself to take care of yourself?
- What is a first step you can take right now in the process of making self-care a higher priority?

A SINGLE POINT OF FOCUS

Start your day, every day, with the intention of practicing radical self-care.

LIGHTBULBS

Self-care is not selfish. Self-care is a necessity and a sacred responsibility.

What is another lightbulb?

PRACTICE #8: TURN CHALLENGES INTO OPPORTUNITIES.

You and I have done a lot of inner work. We are in such a better place compared to where we were before. So why do we still feel as if we are not good enough?

Growing up, we interpreted the messages we got from the world around us in the best way we could. As society told us, "Try harder! You can do better than that!", we internalized the belief that we were not enough. Regardless of the reality, we kept false evidence to show that we could and should have done better. Feeling not good enough became our default. Now, as adults, whenever we are triggered, we drop back to our default reaction.

I want you to hear me out because this is really important: *Whenever we're triggered, we drop back to our default reaction.* Our default reaction is to feel unworthy.

Life is short. It's time to start showing up and living at full power. Stop feeding your inner critic and start feeding your inner lion. Stop giving energy to the monster. Gather your courage and roar.

REFLECTION QUESTIONS

- What is your default reaction when you are triggered?
- Where in your life do you need to stand up and roar?
- What would your roaring look like?

A SINGLE POINT OF FOCUS

Imagine yourself as a strong lion that plucks up the courage to spread its message with all its might. Stand up and roar!

LIGHTBULBS

Life is short. It's time to start showing up and living at full power.

What is another lightbulb?

PRACTICE #9: EMBRACE CHANGE WITH JOY.

Perfectionism is a form of armor that makes us think that we are protected from hurt. If people don't see us as we really are, we think, they can't hurt us. So we walk around with an "I am perfect" sign on our foreheads. But what this sign actually protects us from is being seen. It's time to stop caring about what other people think and have the courage to be seen as human and imperfect.

Perfectionism causes stress. We believe that we're only worthy and lovable when we're "perfect." The stress takes a toll on our behavior, our attitudes, and eventually our health. Letting go of investing 150 percent of our energy into making things "super good"—and instead allowing ourselves to give, maybe, 80 percent—is necessary when we teach ourselves how to be less than perfect.

Instead of expecting yourself to be perfect, tell yourself that you are doing the best you can with every single moment. And when you fall, because you will, rise. Always rise!

REFLECTION QUESTIONS

- If perfectionism is your armor, what do you think it protects you from?
- When in your life are you ready to remove the superhero mask and allow yourself to be human?
- Who is one person you are willing to make yourself vulnerable with and allow her/him to see you?

A SINGLE POINT OF FOCUS

When being hard on yourself because you "should have done better" tell yourself that, considering the circumstances, you did the best you could.

LIGHTBULBS

"There's a crack in everything. That's how the light gets in." —Leonard Cohen, *Anthem*

What is another lightbulb?

PRACTICE #10: RISE AND SHINE!

In the movie *The Last Word*, Shirley MacLaine's character tells us, "Fail. Fail spectacularly. When you fail, you learn. When you fail, you live."

Failing is painful. But it's the only way to grow and get stronger. In order to live at full power, you must take the risk of failing. You must step out of your comfort zone, practice courage, and, whenever you fall, rise. You must choose courage over staying comfortable.

You start small. You get hopeful. You treat yourself with empathy and compassion. You bring purpose to your failures. You understand the lessons. You make yourself vulnerable with someone you trust. You remind yourself that you've been in the dark before, and you've always come out the other side.

You remind yourself that you are a beacon. You are a source of light. You connect with your inner light. The light that always shines. The spark that is buried in your heart and is ready to get ignited. You bring divine light in. And you shine your light because you know that doing so is the only way to live.

🔍 REFLECTION QUESTIONS

- When in your life have you fallen, almost lost hope, but lifted yourself up instead?
- What is one thing you can tell yourself when you fail, to help you start rising up?
- Once you rise, what can you do to help yourself connect with the light?

🎯 A SINGLE POINT OF FOCUS

Watch the movie *The Last Word* with Shirley MacLaine.

💡 LIGHTBULBS

Failing is painful. But it's the only way to grow and get stronger.

What is another lightbulb?

PRACTICE #11: BALANCE DOING WITH BEING.

We cannot live at full power without being mindful and awake to life. When life speeds up, we easily become human doings, rather than human beings. We must undo the habit of overdoing. We must develop a daily practice of balancing the doing with being.

Your practice can take different forms. It can take five minutes or twenty minutes. But regularly centering yourself and practicing mindfulness is non-negotiable when you are ready to live as a beacon. Meditation is the most effective form of centering yourself. But meditation is not the only way.

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You can start really small, with being mindful. Mindfulness is paying attention to your current experience without judging it, staying present and awake. When you are mindful, you are open to all the senses. When a thought comes up, you recognize it, accept it, and return to the present without staying in the "thinking world."

REFLECTION QUESTIONS

- Where in your life do you tend to overdo?
- What are three things you currently do that make you balance doing with being?
- What is a simple way to bring more mindfulness into your day?

A SINGLE POINT OF FOCUS

Take five minutes every day to just be with yourself.

LIGHTBULBS

We are meant to live our lives as human beings, not human doings.

What is another lightbulb?

PRACTICE #12: BEACON IN! BEACON OUT!

Depending on where you are in your spiritual journey, your inner light might be dim, or it might be bright. But it's there, ready for you to tap into whenever you want. It is always in your hands to ignite the spark that is hidden inside your heart.

There are two ways to beacon in: Create a deeper connection with your inner light and bring in divine light. Eventually, you will shine so bright that you will radiate your light to others. Sharing your light can take different forms. If you are a healing art practitioner, a teacher, a therapist, or a coach, you can actively help people through the work that you do. But you can also make a difference simply by rising and shining—bringing curiosity, wonder, joy, and compassion into your daily life.

Once you are beacons in, you can beacon out. To beacon out means to remember that you are a beacon and to accept your responsibility—our responsibility—to be a source of light and guidance for others.

REFLECTION QUESTIONS

- What would be different in the world if each one of us beacons out?
- How do you share your gifts, right now, at work? With your family? In your relationships?
- When in your life are you holding back from expressing and sharing your gifts?

A SINGLE POINT OF FOCUS

Visualize yourself as a beacon. Believe in your ability to shine your light stronger and brighter.

LIGHTBULBS

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What is another lightbulb?



Michal Spiegelman is an Energy Expert, Life Change Mentor, and intuitive who emboldens women to create turning points so that they can feel light, free and fulfilled.

She is a Certified Professional Coach (CPC), Energy Leadership Index Master Practitioner (ELI-MP), and Reiki Master Teacher. She also received certifications in shiatsu, reflexology, aromatherapy, and color therapy.

Before becoming a coach and healer, Michal spent 20 years as a musician and Senior Certified Music Teacher for children. Educated in Israel, she holds a B.A. in Social Work and a degree in Music Education.

Visit Michal's website:

www.beaconsofchange.com

Learn more about Michal's Inner Circle community for women who are ready to create turning points in their lives at:

www.beaconsofchange.com/innercircle