



Laurin Wittig

Intuitive Healer, Transformation Mentor
Podcast Host & Author

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Energy work with Laurin has been very powerful...shifting energies to engage my body, mind, and soul.

- R. Warner, client



CURIOUSLY WISE
<https://HeartLightJoy.com/podcast>



INSTAGRAM
<http://littl.in/InstaLaurin>



FACEBOOK
<http://fbl.in/Laurin>

SPEAKING TOPICS

Stories We Tell Ourselves: The power of story in our emotional, mental, and physical experience.

The stories we tell ourselves about our lives have a profound effect on our long-term emotional, mental, and physical experiences. How can we leverage the power of story to create healthier, happier lives?

Communicating with Your Spirit Guides

Learn how to connect with, and communicate with your guides to gain greater insight into your life, become more confident in your decisions, and be easier with the ups and downs of your own life and the crazy world around us.

Get out of your head and into your body!

The human body is an amazing emotional communicator if we just learn to get curious about the messages it gives us. Learn how to get quiet, tune in, and interpret your amazing communicator!

BIO

Laurin Wittig is an intuitive energy healer and transformation mentor. She's the host of Curiously Wise, a podcast dedicated to embracing the wisdom of women, and she's an award-winning novelist. She helps people reveal, release, and positively transform the underlying sources of physical, mental, and emotional pain so they can consciously live a new story, one filled with passion, purpose, and joy.

When her own journey with chronic health issues, that were sort of controlled by meds, took second place to the journey of her children's unusual, and sometimes life-threatening, health issues, she appreciated Western medicine for helping to manage symptoms (though creating other problems), but knew there had to be a better, gentler, way to create true health. She turned to alternative health care options...and became fascinated by the amazing changes she quickly saw in her children, and in herself.

Through this and her own journey to better health and spiritual awakening, Laurin discovered her superpower of unlocking the hidden stories of the body through intuitive healing.



**Founded HeartLight
Wellness in 2018**

**560K +
BOOKS SOLD**