

For Immediate Release

To schedule an interview with Jamie Lerner or to request a review copy of *The Ever-Loving Essence of You*, contact:

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Wrapping Your Mind Around the Beauty of ... Contrast

Do you sometimes wonder “why is this situation happening to me”? Contrast is every moment that we experience something that is different from what we were/are expecting and or wanting for ourselves. All of these moments of contrast provide wonderful opportunities for us. Contrast allows us to gain a better understanding of how we are vibrating (what we have individually attracted, in this moment, into our experience with our thoughts and feelings). Contrast clearly assists us in identifying our own individual desires for ourselves. With this new understanding of contrast we can begin to wrap our mind around the endless possibilities of creating more of what we individually desire for ourselves.

Author Jamie Lerner works with private clients in integrative sessions assisting them in finding the beauty of contrast. She helps them slowly begin to make the shift from resenting others who come in and out of our lives (who we have vibrationally attracted) to appreciating all of those experiences. We begin to become curious and understand these situations/people as powerful indicators of where we are and more importantly where we would like to be going. Every moment, person, and situation clearly becomes a wonderful opportunity in assisting us in creating the life that we are wanting (desire) for ourselves.

Jamie says this about her own experience with contrast, “The contrast that I have experienced throughout my lifetime has been stunning. Each and every wonderful moment has brought me closer to the clarity of the life that I have so joyously created. I know that it is possible to achieve a happy, healthy and prosperous life because I live it every day. Leading by example, with a unique ability to intuitively connect with people; I feel passionate about guiding you to this knowledge.”

Imagine feeling joyful and connected to yourself at all times as well as creating the life of your dreams. Jamie believes that people are amazing, beautiful, filled with light and love, passion, joy and enthusiasm. We are beings with intuitive knowing and infinite intelligence. We can learn anything, can have everything and are powerful manifesters who thrive in well-being.

Jamie Lerner is the co-author of the book, *The Ever-Loving Essence of You*. She has co-created a beautiful family, received her MSW from Loyola University, and has traveled the world, exploring all types of spiritual healing modalities. As a therapist, Jamie has developed what she refers to as an integrative approach to well-being. Jamie Lerner is masterful in her ability to assist clients in re-creating a loving relationship with themselves. She is also a passionate, amateur adult equestrian rider on the AA horse show circuit. She has an insatiable appetite for pleasure, beauty, and joy; and often refers to herself as a true “pleasure junkie.”

Websites:

<http://www.ever-loving.com>

<http://www.jamie-lerner.com>