



“A new definition of wellness is emerging. It is becoming increasingly clear that physical well-being alone, while vital, is not the only thing to consider when encouraging optimal personal and professional functioning.”

I am passionate about empowering people in their personal and professional lives by tailoring personalized mind/body/spirit regimens that can help you become your unmitigated best.”

ABOUT DR. IDARA E. BASSEY

Idara E. Bassey is an energy healer, a professional intuitive, attorney & author. She is a widely-published documented expert in the self-help/practical spirituality arena, and as founder of the personal and business development consultancy *OneLightMessenger*, she focuses on assisting individuals and business on issues of wellness, executive performance, relationships, infertility and PTSD.

In her practice she has developed distinctive holistic solutions to personal and corporate challenges by conducting energy readings, spiritual coaching sessions & self-empowerment workshops. Issues re: diversity, women’s empowerment and creating respectful spaces are key in her work. Assisting clients in awakening their intuitive abilities and integrating them alongside their current linear thinking approaches has also been a critical component of the services she offers. Her work has included:

WORKSHOPS

- ❖ “Change Up! Taking Your Life to the Next Level”
- ❖ “Learning to Love Yourself- One Day at a Time”
- ❖ “Living Powerfully: A Step by Step Process”
- ❖ “Legal Aid for Lightworkers...Living Your Light While Minding the Law”™
- ❖ “Practical Intuition: Developing Your 6th Sense for Personal Fulfillment & Professional Success ”

CONSULTING

(PARTIAL CLIENT LISTING)

- ❖ Takoma Park Metaphysical Chapel (Silver Spring, MD)
- ❖ 4see Corporation (Santa Fe, NM)
- ❖ Lady of the Lake Metaphysical Books & Gifts (San Diego, CA)
- ❖ Blisswoman Spa (Ocean Beach, CA)
- ❖ Pywacket Angel Shop (Cardiff-by-the-Sea, CA)
- ❖ MulligranGraham Consulting (British Columbia, CANADA)
- ❖ Better Health & Gourmet (Atlanta, GA)
- ❖ Private clients in Vermont, San Diego, District of Columbia, Florida & Atlanta
- ❖ 12listen.com (worldwide)

RADIO APPEARANCES

- ❖ Special Guest on the “Dare to Dream” show on Universal7 Radio
 - ❖ Recurring Guest on “Another Reality Show” on Universal7 Radio
 - ❖ Host , “Everyday Divinity” on Sedona Talk Radio-past guests include luminaries such as Susan Piver, Buddhist expert & Oprah guest & Dr. Carole Adrienne, co-author, experiential guide for *The Celestine Prophecy*
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WRITINGS AND PUBLISHED WORKS

- ❖ Contributing Writer to the anthology *Tenderheaded: A Comb-Bending Collection of Hair Stories* published by Pocket Books, a division of Simon & Schuster, Inc.,
- ❖ Contributing Writer to the online literary journal *Moondance*
- ❖ “Yoga Therapy as an Adjunct in Facilitating Client Self-Realization: the Practical Therapeutic Application of Karma Yoga in a Self-Help Society.”
- ❖ “Ushering New Energetic Bases of Power in a Post-Enron World: The Role of the Metaphysical Counselor.”
- ❖ Author of the award-winning essay collection *Reflections of a Mystical Sistah: On Traveling the Road to Self-Definition* (iUniverse, Inc.)
- ❖ Author of the “*Supercharge Your Life: How to Use ‘Woo-Woo’ to Become the Most Fabulous You!*” Kindle e-book
- ❖ Numerous Internet e-zine articles in the self-help, spirituality and metaphysics genres since 1997

PROFESSIONAL ASSOCIATIONS & TRAINING

- Ordained Minister, International Metaphysical Ministry
- Member, State Bar of Georgia, 1997- present
- Past Member, International Alliance of Holistic Lawyers (IAHL)
- ICAN Career Advisor, The Women’s Center, Vienna, Virginia
- Past Board of Directors, Takoma Park Metaphysical Chapel, Silver Spring, MD
- Intuitive Insights School of Clairvoyance (San Diego, CA)
- Who’s Who of American Women (2004)
- Certified Six Sensory Practitioner (trained by Sonia Choquette)
- Certified Professional Coach designation (CPC)
- Reiki Levels I & II Certification (Usui Shiki Ryoho tradition)
- Certified Emotion Code Practitioner (CECP)

EDUCATION

Doctoral Degree in Metaphysical Counseling (Mc.D.)
University of Metaphysics (Sedona), Sedona, AZ
Thesis focus: application of metaphysical principles in corporate environments

Master of Laws (LL.M.) – Ford Foundation Fellow in Public International Law
University of Georgia School of Law, Athens, GA

Juris Doctor (J.D.) – Board of Regents Scholar
University of Georgia School of Law, Athens, GA

Bachelor of Arts (B.A.) in French Literature, *Cum Laude*
Washington University in St. Louis

Certificat Pratique de Français Commercial (Paris Chamber of Commerce)

CONTACT INFORMATION

FOR INFORMATION ABOUT HOW DR. IDARA CAN HELP YOU OR YOUR ORGANIZATION, VISIT HER AT
WWW.ONELIGHTMESSENGER.COM OR EMAIL ONELIGHTMESSENGER@AOL.COM