

YOUR Best Self

*Unleash your adventurous
magical self!*



Discover the adventure that is your own life!

The invitation:

Work with Christaria in an intensive, 3-month program

If you reading this, it is synchronicity calling to you. It is time to create your best self, the self you have been holding back from the world.

It takes a lot of energy to live behind a facade. And it makes sense.

The expectations of parents, family, community, religion, culture, etc. have been pressing on us and shaping us since we took our first breath.

Many of us have no idea who we really are, or what is really wrong, yet we intuitively know something is missing.

So we run. We work. We accumulate.

We medicate. We capitulate. *We search.*

We work harder and harder to maintain an ultimately unfulfilling life, and the longer we do this, the harder the consequences because the Universe has to work to get our attention and let us know we are not being true. Often this takes the form of a hard-to-pin-down illness, repetitive relationship troubles, depression and fatigue, and a general lack of joy. I know this as I lost my job, my health, and almost my marriage, catapulting me again and again on my personal journey to self-discovery.

But, you have the power to choose. And to create **YOUR BEST SELF.**

Becoming conscious of your choices is the portal back to your joy and original bliss

One-on-one Soul Exploration Sessions

Are you ready to examine what is not working in your life and take action? You will love this part of the program with Christaria. There is no hiding and you might not like what you hear, but it will move you forward!



Crystal Illumination Energy Sessions

Rest, release, rejuvenate & reinvent with the gentle support of Christaria's Crystalline Illumination Energy Sessions, including voice & crystal bowls.



Unlimited Support Access

Powerful shifts, breakthroughs & insights can happen anytime & anywhere, so you will have unlimited access to Christaria via email and text during your program.



Know without a doubt that all is well. Everything that I teach I have experienced, and have come out on the other side. You can too.

With a lot of laughs and fantastic fun along the way.

Uncover your powerful voice & align with your best self

Month 1: Authenticity

Remember who you are & get real with yourself

Understand why you are so stressed, anxious, fatigued & depressed

Explore why you are still in unhealthy relationships

Understand why you are not doing work you love

Accept yourself for not nurturing your body, mind & spirit

Understand that you never slow down because you are running from your own life

Month 2: Alignment

Get clear that about the illusion you created & end the self-betrayal

Allow emotion and vulnerability to enter your life

Discover the stillness & strength within and begin to get quiet

Bring back the laughter, freedom and creativity you covered up

Explore what your true voice, your soul, is calling you to be and do

Learn how to recognize and savor the large and small victories and treasures.

Month 3: Revelation

Step out of the illusion & reveal your magnificence

Begin to gift the world with your unique voice and presence

Understand the contribution to the world that only you can make

Live every day with joy, wonder and a sense of adventure

Master the lower energies that take you away from yourself and experience peace and self-acceptance

Explore options for your life & gain the confidence to take action

Lead your life, don't let life lead you.

No matter how old you are, it is never too late to step into who you really are. This is not about transformation - which is the process - it is about outcomes, and that can mean big changes. And that can be scary. Your life might look completely different 6 months from now. My life did once I embraced who I truly am!

This work takes commitment, courage and consistency.
And I am with you every step of the way.

“Christaria is a powerfully inspiring, deeply compassionate and spiritual leader who walks in integrity and purpose in all aspects of her life. Her wisdom and superior communication and listening skills contribute to her keen ability to tune into exactly what needs to be addressed in order for you to move forward into a higher vibration. It is my honour to recommend her as a truly gifted guide.”

~ Liberty Forrest, award-winning author and inspirational speaker

What's included in Your Best Self:

Each month, you will receive:

- Assessment plus Discovery Session (month 1) (value \$500)
- 2, 1-hour Breakthrough Sessions with individualized assignments & practices (value \$500)
- 1, 1-hour Crystal Illumination Energy Session with crystal bowls, including your unique "heart song" (value \$175)
- 1 personalized "I AM" meditations intuitively recorded for you with crystal bowls, voice & guided imagery for your work (value \$150)
- Educational emails and videos to support your growth (value \$400)
- Unlimited support access via email & text (value is priceless)

Plus, special bonuses:

- Bonus half-hour Breakthrough Session to use at your discretion (value \$150)
- "I AM WORD" meditative CD (value \$15)
- Guided meditations on relationships, forgiveness, and self-acceptance (value \$75)

Isn't it time to spread your wings and fly?

Consciously take charge of your journey.

“Power. Grace. Song. Christaria offers all that and more in her work. There is a synergy that happens effortlessly with Spirit, her soul, and my heart. Healing and transformation are inevitable as I have experienced... Expansion. Awareness. Light. It's juicy-good soul work that will keep me coming back for more! “

- Kate Qualters, Mom and Development Director and Client

Uncover the joy, freedom and creativity you abandoned in yourself years ago and blaze a new path to an authentic life.

The value of Your Best Self is over \$1,200 per month.

What is the value of reclaiming your power, creativity, and freedom?

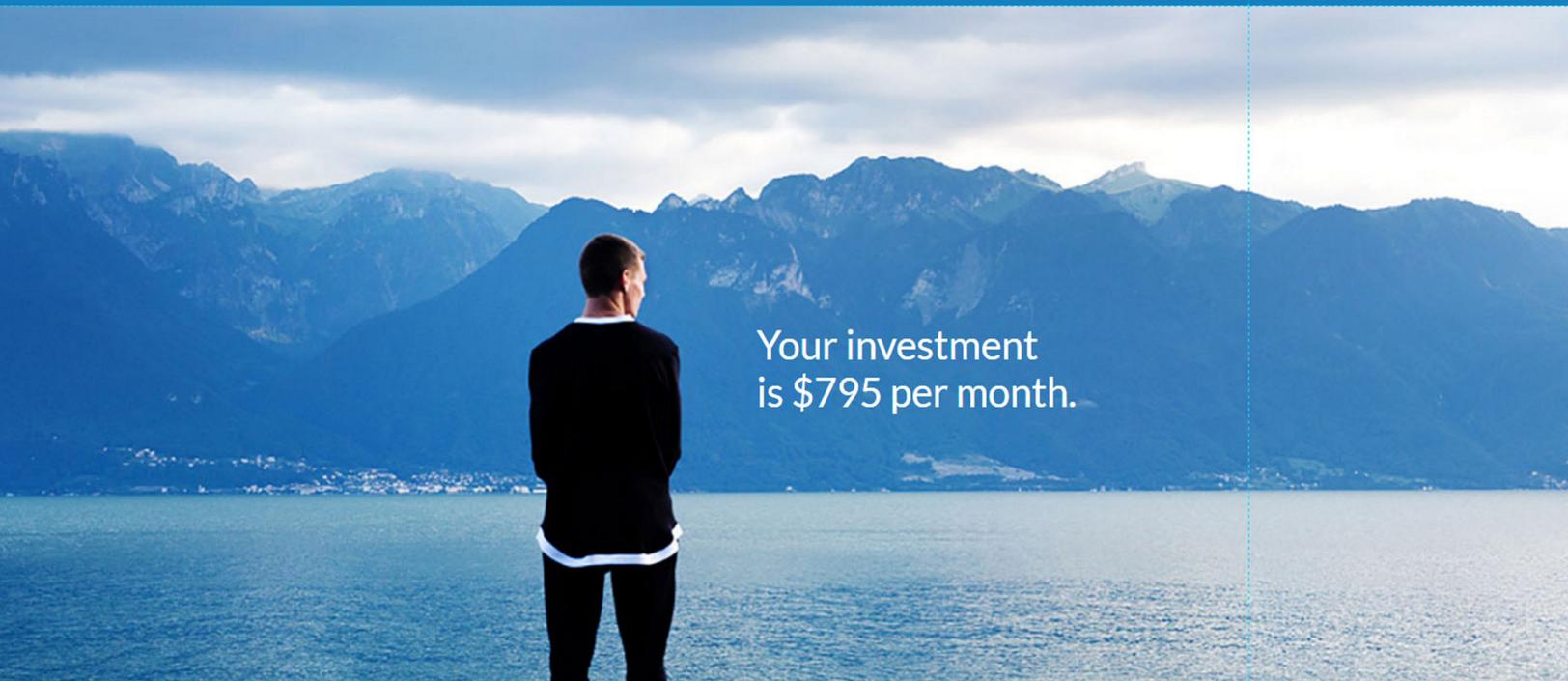
Whether you are actively looking for relief, or simply know that the life you have created brings you little fulfillment, give yourself permission to invest in your most important asset and the most important relationship you will ever have. You & You.

Slow down, listen to your heart... Remember... Everything you need for a beautiful life is already within you. Together, let's uncover your power, your passion, your beauty. You will naturally spill out your unique song to the world.

Stop missing out on the amazing adventure that awaits you. The adventure of YOU.



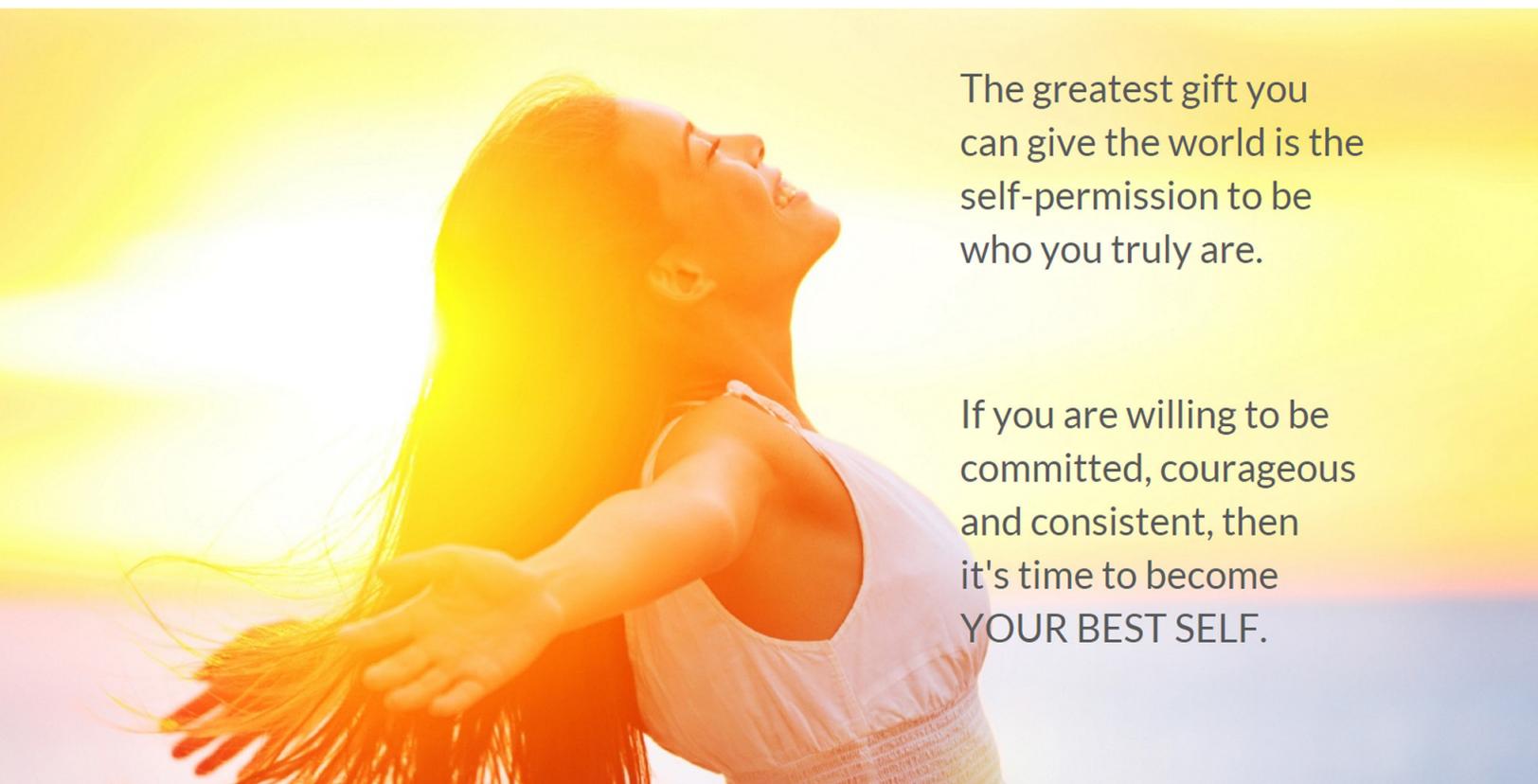
Get ready for a surprise.



Your investment
is \$795 per month.

To ascertain if we are a powerful fit to work together...

I invite you to have a **complimentary 20-minute Spiritual Discovery Session** with me to discuss this program. Please book time with me at Christaria.com and click "Meet with Christaria" under the CONTACT tab. Or write to Christine@Synchronicitycalling.com



The greatest gift you
can give the world is the
self-permission to be
who you truly are.

If you are willing to be
committed, courageous
and consistent, then
it's time to become
YOUR BEST SELF.



**Christaria, classical soprano
and spiritual luminary,
is a movement.**

CHRISTARIA

Stepping beyond a diverse career in marketing, communications, event management, fundraising, and PR where she owned two businesses and worked for major non-profit organizations, today **Christaria is her most powerful presence as the expression of her soul-voice through her singing, crystal bowls artistry, speaking, writing, teaching, and mentoring.**

Christaria activates the divine spark within each of us, opening our hearts. She joyfully serves those on the sacred journey of awakening to the “big S” Self. She empowers us to uncover and remember our true essence and express our unique soul signature in magnificent, one-of-a-kind ways.

Many are hungry for “more” — more peace, more prosperity, more purpose, more sensation — more of something we cannot identify. We seek these things through activity, acquisition, and achievement, but end up with persistent strife and stress. The truth is everything we need lies deep within ourselves, gently (or not so gently) waiting to be remembered and rekindled:

This is our life’s journey, and we embody ultimate power and fulfillment when we live fully aligned with who we truly are in service to others.

Christaria offers:

- eclectic and beautiful concert experiences
- private and group mentoring
- thematic retreats and immersion programs
- spiritual and sound exploration journeys
- online and in-person workshops
- Crystal Illumination Energy Sessions

Christaria lives in Albany & Bakers Mills, New York. She is a professional soprano, ordained minister, Reiki Master and energy practitioner, crystal bowl practitioner, metaphysical mountain climber, wife, and mother to three children ages 11-23.

Christaria.com

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“The greatest blessing you can give the world is the self-permission to be who you truly are.”