



## JOURNEY INTO THE SPIRIT

Journey Into The Spirit is a publishing company founded by intuitive teacher, reader and healer Lexa Finley. It offers guided meditations that help everyday people learn to use their intuition as well as to become more grounded, create balance and bring more peace into their lives. Meditations are available on CD or as an MP3 download from [JourneyIntoTheSpirit.com](http://JourneyIntoTheSpirit.com) as well as in bookstores and gift shops and at other online retailers.

### Selected Products



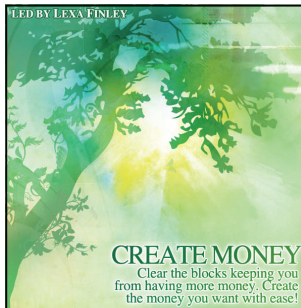
#### **Finding Peace & Harmony**

Is your life not going as well as you'd like? Do you feel like there could be more? See how easy it is to let go of things that hold you down. Take back your energy to feel more complete and create your life exactly the way you want.



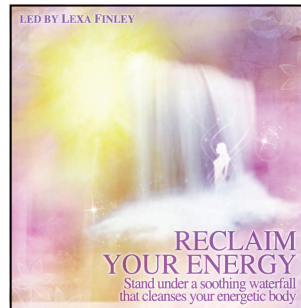
#### **Release Fear**

See how easy it is to let go of fears that weigh you down. Choose to live your life fear free. Through these quick guided meditations, you will see how to let go of fear and easily and effortlessly start living your life the way you want to.



#### **Create Money**

Through these quick guided meditations, you will start releasing the blocks keeping you from having the money you want and need. You will begin bringing money to you easily and effortlessly.



#### **Reclaim Your Energy**

A soothing waterfall meditation to help you relax and reclaim the energy lost in the daily craziness of life. Learn more about your true self and discover places within that you didn't know existed.

### What Others Say

*Just a few weeks after listening to your CD and using the techniques I was able to stop taking anxiety medication. The techniques of grounding, dumping and reclaiming energy have helped me to balance my time and life. I am so grateful to be able to live my life without medication and all its side effects. You have given me a tool for life! ~ Kim*

*These recordings give me a visual way to let go of stress—see it and feel it actually leaving my body. I always feel a sense of calm and release that is followed by a feeling of clarity. ~ Brenda*

*What I learned from you regarding dumping negative thoughts and feelings, as well as re-energizing and bringing my energy back, has been very, very helpful in my daily activities. I recommend these tools to everyone. Indeed, my 85-year-old mother is now using them and is quite happy with the results. ~ Julie*

**Media seeking interviews with Journey Into The Spirit founder Lexa Finley, testimonials from meditation listeners or a complimentary guided meditation recording for review should contact Tara Baukus Mello, Be Mello Media, at [tara@bemello.com](mailto:tara@bemello.com) or 805-577-0610.**



## **About Lexa Finley Company Founder**



Lexa Finley's mission is to help others attain and stay on their life or spiritual path. She is the founder of Journey Into The Spirit, a publishing company that sells guided meditations that help everyday people learn to use their intuition as well as to become more grounded, create balance and bring more peace into their lives. What she teaches and shares in her meditations is empowering and simple to use in everyday life.

Lexa has taught hundreds of people how to find peace and bring balance to their lives through her series of guided meditation CDs, her classes (which are held regularly in the Los Angeles area) and in private workshops (held throughout the U.S.). Lexa's students say that they feel cared for and important in her classes and that in addition to her ability to really help them understand what is going on in their lives, she also brings a sense of humor into the classroom that keeps them coming back for more.

Lexa is a graduate of True Insight Spiritual Center where she studied for 18 months in the Center's Intuitive Learning Program. She has been working as a professional psychic, giving individual intuitive readings and healings, since 2005 and has a wide client base that reaches as far as Rome, Italy. Learn more about Lexa's work at [JourneyIntoTheSpirit.com](http://JourneyIntoTheSpirit.com).

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