



# Debra Graugnard

Personal Transformation  
Universal Harmony

## Joyfully Living



### Topics Include:

#### 3 Myths of Self-Healing

There are 3 popular beliefs in self-healing that are missing the mark. Learn the truths so you can have complete healing for your body, mind, heart and soul.

#### Listening to Your Body

Your body is equipped with an incredible communication system to navigate your life journey. Learn how to listen and discern the messages from your Mind, Gut, Heart and Soul to make wiser choices and heal your life.

#### The Food – Body – Spirit Connection

The same habits that keep our bodies sick are also depleting our planet. Learn the keys to develop a relationship with food that nourishes the body, heals the heart, honors the spirit and respects our mother earth.

#### Food, Weight & Feminine Power

Our world is filled with false messages that keep women feeling unsafe and unlovable, and packing on the pounds for protection. Learn the truth of the feminine, and free your body, mind, heart and spirit.

*To truly heal, you must align your habits, beliefs and emotional patterns with your inner knowing, your divine spirit and your connection with All That Is. -Debra Graugnard*

AUTHOR    SPEAKER    COMMUNITY LEADER    HEALER    COACH

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# Debra helps Crack the Code of your body's messages.

## Awakening often comes in unexpected places and moments.

For Debra, it happened during a week-long Computer Networking course in 1993. This transcendent experience revealed that her 6-year-long healing journey with ulcerative colitis (which taught her practical skills for cleansing and healing the body) was resolved through love.

Finding and studying with her spiritual teacher for the next 20 years led her to fulfill her innermost desire, which turned out to be a deep, deep longing for God. Through this relationship and study, Debra helped develop and expand a Sufi Community in Northern California and the University of Spiritual Healing & Sufism. Today, she still works with the University, whose mission is to train healers, peacemakers and leaders to carry the message of Peace, Love, Mercy, Justice and Freedom to the world.

In her private practice, Debra's programs focus on helping people heal from issues related to food addiction, emotional eating and digestive dysfunction. She is most passionate about helping people make changes that improve their personal lives and simultaneously create an environment for healing and sustainability for all of humanity, the animal kingdom, nature and the planet. Debra understands how our relationships with food and our bodies reflect the state of our relationship with God and our deepest inner truths.

Debra founded [Joyfully Living Wellness](#), the online home of her virtual private practice and transformational group programs. She leads weekly interfaith spiritual meditations and courses at her online [Community for Conscious Living](#).

*Debra not only brings together a wealth of knowledge, but also imparts great wisdom and understanding. For those who truly yearn for insight and healing, her work will change your life. -Tom P., Poet, Author, Magician, Performer*

*I was hoping to delve into issues of unworthiness, my failed marriage and my excess weight. I ended up experiencing a river of love that is incredible."-Beth A.*

*Debra has put together a step-by-step method for healing that is like a "recipe for enlightenment". The healing is just so quick! -Fran A.*

*Debra is amazing. Her work is a stellar combination of intuition, deep wisdom and wide learning along with superb skills. I recommend her work and integrity without reservation. -Beth G. Raps, Ph.D.*



**Which holds your  
knowledge of healing:  
Your body, mind or heart?  
-Debra Graugnard**



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