



Debra Graugnard

Personal Transformation for Universal Harmony

Joyfully Living Wellness

**Available for Speaking Engagements,
Interviews, Workshops & Retreats.**

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.

Embody Your Sacred Feminine Wisdom

Your Sacred Feminine Wisdom is something you must experience for yourself. You must access it and embody it to live in your Personal Power & Truth. This is a must in our world now as we are needed to hold the energy of the Sacred feminine for the healing of humanity and the planet that is possible in the current evolution.

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 • FACILITATOR

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Debra helps you access & embody your True Sacred Wisdom.

Awakening often comes in unexpected places and moments.

For Debra, it happened during a week-long Computer Networking training 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 and inner connection.

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 the Divine. Through this relationship and study, Debra helped develop and expand a Sufi Community across the US and the University of Spiritual Healing & Sufism in California.

Today, Debra is in private practice. She 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](#). She is best-selling author of [While We Were Silent](#) and [Bridging the GAPS: A Journey to the Center of Your Self](#).

Debra's programs focus on helping people heal from issues related to food addiction, emotional eating and digestive dysfunction. She is 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.

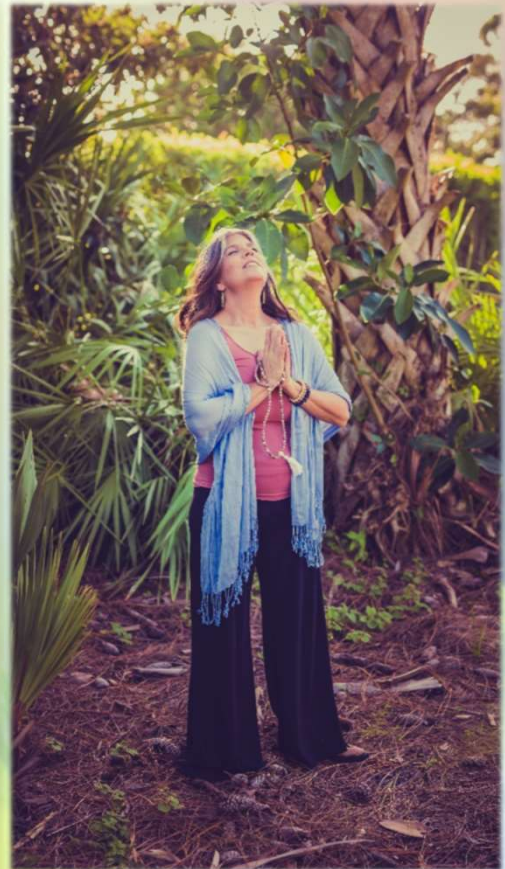
More recently, Debra has focused on helping women to access and embody their Sacred Feminine Essence and hold the energy of the true feminine that is needed for the healing of humanity and the planet as we meet the potential for evolution in the new decade of 2020.

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.



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