

LEARN THE ART OF HEALING,  
THE NATURAL WAY!

The mission of the Institute of Natural Healing is to raise our consciousness, to awaken our intuition, and live a more meaningful life and existence.

The Institute of Natural Healing empowers the human spirit, through self-discovery, personal transformation, healing.

Dr. Chargualaf helps you **release issues** that are holding you back, enabling you to **manifest the life you want**.

She provides **transformational coaching, metaphysical counseling, and intuitive healing** to awaken a meaningful life and existence.

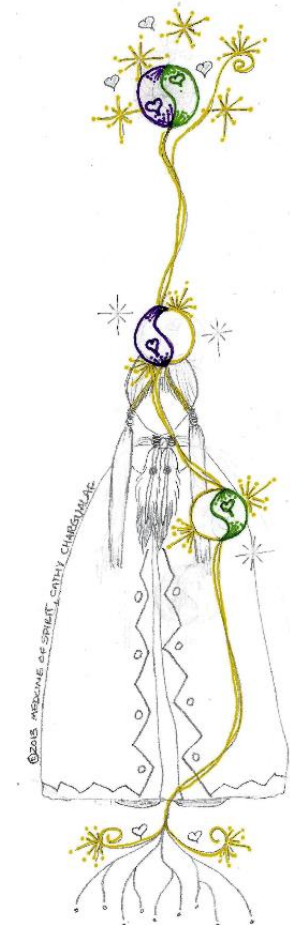
Sessions are by appointment only, and are available in-person, Skype, or telephone.

Private Session and  
Online Training



Life Esteem LLC  
Dr. Cathy Chargualaf  
P.O. Box 772, Perris, CA 92572

# The Institute of Natural Healing



The Art of Healing®  
SUPPORT



## Dr. Cathy Chargualaf

A session with Dr. Chargualaf enables you to gain revealing insights into unresolved issues and hidden motivations that may be keeping you from living a full and joyful life. Dr. Chargualaf supports and guides you to a deeper understand of the essence of who we are.

Dr. Chargualaf is a Metaphysical Spiritual Counselor, Holistic Life Coach, Intuitive Energy Healer, author, and owner and founder of [Life Esteem, LLC](#), [Life Esteem Wellness Center](#), and the [Institute of Natural Healing](#) in Southern California. She received her PhD in Metaphysical Humanistic Sciences, with a specialization in Spiritual Counseling & Transformational Coaching. She also has a doctorate in Clinical Hypnotherapy, attained certifications in a variety of metaphysical modalities, and worked with Anaheim's Community Services Program as a California State Certified Counselor.

Dr. Chargualaf combines over two decades of metaphysical training and accelerated human performance expertise. Her extensive experience and compassionate approach will help you go deeper in uncovering your inner wisdom and connecting to your higher power.

## Key Offerings

### Metaphysical Counseling & Transformational Life Coaching

- Develop intuition & awaken your inner wisdom
- Gain insight into unresolved issues
- Find your way back to who you truly are
- Build personal resilience
- Reduce stress and anxiety
- Learn to be courageous in being you
- Establish healthy relationships
- Feel more at peace and over well-being
- Shed unwanted thoughts and behaviors
- Enhance focus, memory, and learning
- Learn metaphysical methods and techniques

### Guided Imagery or Hypnotherapy

- Create the life you want
- Create a safe place for reconnecting
- Improve learning ability & memory
- Change limiting beliefs and negative thoughts
- Renew your well-being with medical hypnosis

### Intuitive Energy Healing

- Promote natural healing
- Experience the benefits of Bioenergy Therapy
- Increase a feeling of well being
- Jumpstart the Immune System
- Improve mentally, physically, and spiritually

### Art of Healing® Training

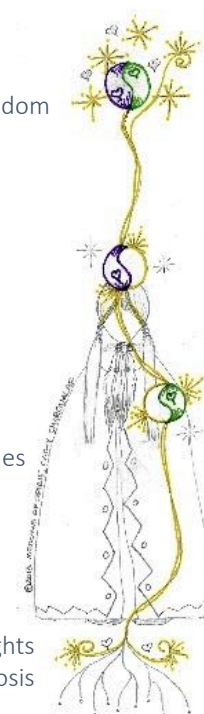
- Metaphysical Principles
- Metaphysical Methods and Techniques
- Spiritual Healing Methods and Techniques
- Earn "The Art of Healing Practitioner" Certification

### Mindfulness & Meditation

- HeartMath Heart Focused Techniques
- Discover Your Potential
- Gain Inner Wisdom
- Rejuvenate your Feeling of Vitality



Dr. Cathy Chargualaf PhD, DCH, CSC  
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## Client Testimonials

*"The support and healing that you have provided for me is a true gift. Lots of love to you!"*

*"It was a remarkable class with a remarkable lady. She was truly sincere and concerned about our lives. She helped us get in touch with our purpose in life."*

*"I truly believe that because of your natural talents and abilities you have touched my life in a way that has made me a better and happier person. I know that you have provided this experience to many people."*

*"Cathy provides the clarity to help you understand and teaches you how to embrace while functioning in a world that does not understand or accept these abilities. I highly recommend you check out her website for additional information and contact Cathy for any of these services."*

## Contact

*By appointment only*

**(626) 893-0340**

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