

# Maria Sidorova of Expand Reality to be Featured on Close-Up Talk Radio

TORONTO, ONTARIO, CANADA, July 31, 2014 /EINPresswire.com/ -- People deserve to be the most authentic version of themselves, but there are often many obstacles. Among these obstacles is how we perceive ourselves and how we believe others perceive us.

To be the most authentic version of ourselves requires that we first love and value ourselves. That [self-love](#) will come once you allow it. You will love how you feel and how you communicate with others. You will love your job. You'll be at peace.

Maria Sidorova is the founder of Expand Reality, a [spiritual counseling](#) practice offering seekers the opportunity to "discover the real you." Expand Reality offers services that work on all three levels – mind, body and spirit – to help clients discover and manifest their life's most important goals and dreams.

"We are working on expanding: expanding your



vision and the way you perceive yourself," explains Maria. "If you expand yourself and your awareness, you're able to contain more of everything. It allows you to be healthier and more fulfilled with more freedom to experience all life has to offer. The more you expand who you are, the more you are able to put it out into the world."

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It's up to each of us to expand our own reality.

*Maria Sidorova*

According to Maria, there is no separation between our mind, body and spirit. In session, Maria realigns the energy between the physical, emotional and spiritual body and release those energies, allowing them to connect to the pure energy they are without those blocks and limitations.

"It operates on a higher level," explains Maria. "I'm going beyond the psychological, because you are an infinite being with no barriers. Any limitations you experience in your life you put on yourself, so it's up to each of us to expand our own reality."

As a spiritual consultant and coach for over 10 years, Maria says her clients are people who desire spiritual assistance. What matters is that they come to understand that they create their own reality.

"I don't just believe in this; I am this," says Maria.

Close-Up Talk Radio will feature Maria Sidorova in an interview with Doug Llewelyn on August 4th at 12pm.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Expand Reality, visit <http://www.expandreality.com>

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