

Lorraine Stern of Live Love Laugh Healing to be Featured on CUTV News Radio

CASTROVILLE, CALIFORNIA, USA, June 16, 2016 /EINPresswire.com/ -- It's noble to be an empathetic soul and care for others but it should not be at your own expense. If we lose track of who we are, how are we going to be happy? It's like taking a bath in a tub with holes in it and the water is leaking out faster than the bath is filling up.

Ultimately, we have to put ourselves first and make sure that we nourish our soul each day. The more we come from a heart-centered place, the more we can bring change to the world, and it's only going to come from women who have stepped fully into their own lives.

Lorraine Stern is a shamanic energy healer and the founder of Live Love Laugh Healing.

"This is about teaching people how to live in a better way," says Lorraine. "If we can really live our life with an open heart, the laughter just comes. It is my intention and my mission for my clients that they find that in their lives."

Lorraine describes herself as a recovering entrepreneur. She'd been a successful business owner with clients including Disney, Williams Sonoma and Bath + Body Works, but inside Lorraine knew something was out of sync.

"I wasn't able to live because I wasn't able to love fully," recalls Lorraine. "I felt like a victim of life. I let all that go and realized I can chart my own life. I let all judgment go, let my limited beliefs go and opened my heart again."

And so Lorraine sold her business, left behind everything she knew, and enrolled in the Master's Program of the Light Body School of The Four Winds Society, studying with Alberto Villoldo and Linda



Fitch. The shamanic path has led Lorraine to Chile and the mountains of Macchu Picchu and Salkantay in Peru.

"I lost my identity," says Lorraine. "I didn't quite understand who I was anymore. I put so much energy into trying to be all these things for other people but not being that for myself. The healing came when I understood we're here to live

laugh and love and enjoy ourselves and do whatever it is that makes us happy."

Today, Lorraine says her ideal clients are men and women who have lost their boundaries. Lorraine helps her clients to find themselves again.

“

The healing came when I understood we're here to live laugh and love and enjoy ourselves and do whatever it is that makes us happy.

Lorraine Stern

"One of the shamans of Peru gave me a name: Royal Hummingbird," says Lorraine. "In the Indian tradition the hummingbird is the bird that always tastes the nectar, looking for life's sweetest experiences. I realized at that time I was still working to find that myself. And now I'm able to help other people find what it is that gives them the most joy."

CUTV News Radio will feature Lorraine Stern in an interview with Jim Masters on June 20th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Live Love Laugh Healing, visit www.LiveLoveLaughHealing.com

Lou Ceparano
CUTV News
(631) 850-3314
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2016 IPD Group, Inc. All Right Reserved.

