

Cathy Handford Named 'Nature mE Coach' by YU2SHINE, Blending Animal Wisdom, Energy Healing, and Spiritual Transformation

Healing from the Ground Up—With the Heart of a Healer

BURKE, VA, UNITED STATES, June 17, 2025 /EINPresswire.com/ -- [YU2SHINE](https://yu2shine.com/), a leader in transformational coaching and energy healing, proudly announces the appointment of [Cathy Handford](https://empower-me-academy.yu2shine.com/cathy-handford) as their Nature mE Coach. Known for her intuitive gifts and profound connection with nature and animals, Cathy brings a unique fusion of spiritual insight, animal communication, and quantum energy healing to the YU2SHINE Empower-mE Academy.

Cathy's new official webpage can be found at: <https://empower-me-academy.yu2shine.com/cathy-handford>

Healing from the Ground Up—With the Heart of a Healer

Cathy Handford's work goes far beyond conventional coaching. With decades of experience grounded in energy healing, quantum clearing, and interspecies communication, she has become a beloved figure for those seeking transformation not only for themselves, but also for their spaces and their animal companions.



Cathy Handford, Nature mE Coach



[YU2SHINE.com](https://yu2shine.com/)

"Cathy's expertise is only surpassed by her love for her furry clients," said a YU2SHINE representative. "Her ability to blend compassion with powerful energy modalities makes her a remarkable guide for healing and reconnection—with ourselves, our pets, and the Earth."



Clearing energy isn't just about space—it's about making room for joy, clarity, and connection to flow freely again."

Cathy Handford, Nature mE Coach

Nature mE Coaching: A New Paradigm in Energy Healing
As Nature mE Coach, Cathy offers an extensive menu of services, including:

Quantum Clearing™ – Energetic space refreshment for homes, businesses, and event venues

Quantum Healing – Integrating ThetaHealing®, Free mE EFT™, and meditation for emotional and spiritual alignment

Animal Communication & Healing – Supporting pet behavior, end-of-life transitions, and interspecies understanding

Mediumship – Real-time connection with passed loved ones and pets to offer closure and healing

Crystal Crown Meditation Jewelry – Custom-crafted crystal headbands for spiritual clarity and energy balance

Spirit & Magical Animal Readings – Remote, intuitive messages from animal spirit guides

Workshops & Programs – Including children's animal communication classes and barn visits across Virginia

In her barn visits, Cathy works directly with horses, dogs, barn cats, and other animals to identify and address emotional, behavioral, and energetic issues, using a gentle, intuitive process that has helped both animals and owners alike.

Global Earth Healing and Community Connection

Beyond individual healing, Cathy also leads Global Earth Healing initiatives. These remote group efforts focus love and intention toward regions facing war, famine, or ecological disaster. The next Earth Healing event is scheduled for September 17–24, 2025, with details available at:

<https://www.facebook.com/groups/prayersforpeacenow>

A Voice for the Voiceless—And a Bridge to the Beyond

Cathy's mission is deeply spiritual yet refreshingly practical. She believes in clearing the path for transformation—refreshing spaces, healing hearts, and deepening connection with nature, animals, and the unseen realms. Whether through teaching, healing, or creating sacred jewelry, Cathy infuses each offering with purpose and presence.

Learn more about Cathy Handford and her work as Nature mE Coach at: <https://empower-me->

academy.yu2shine.com/cathy-handford

About YU2SHINE

YU2SHINE is a transformational learning and healing academy that helps individuals align with their highest potential. With programs in emotional freedom techniques, energy healing, intuitive coaching, and spiritual development, YU2SHINE empowers people of all ages to discover their inner light and live authentically.

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