



SHERRY ANSHARA

**DEPRESSION**  
does not have to keep you  
**DEPRESSED**

# Depression Does Not Have To Keep You Depressed

Sherry Anshara

Copyright © 2012 Sherry Anshara

All rights reserved.

## DEDICATION

This book is dedicated to Marilyn Furse, a QuantumPathic Energy Method Facilitator. Through her support and dedication these last six years, she inspires me each and every day to live the most amazing reality which is to assist individuals and families to heal their physical and emotional problems.

# CONTENTS

Acknowledgments	i
1 Depression	1
2 Case Study #1	6
3 Looking at Osteoporosis	9
4 Looking at Diabetes	10
5 Case Study #2	12
6 Looking at Heart Disease	14
7 Looking at Additional Diseases	16
8 Looking at Cancer	18
9 Case Study #3	19
10 The Trauma of Rape	21
11 Resolution	23
12 References	25
13 QuantumPathic Center of Consciousness	26
About the Author	28



## ACKNOWLEDGMENTS

For those individuals whose hearts are touched by this message.

I know they can let go of depression.

My special thanks to:

Christy Miller, Debbie Ellis, Cindy Zukerman

For their courage to share their experiences!



# 1 DEPRESSION

Depression is one of the most debilitating disorders in the United States. Depression can affect individuals at any age or stage of their life. The fastest growing segments of the population suffering from depression are children and preschoolers. Depression appears to be an epidemic when you look at the statistics. It is estimated that over 18.8 million individuals in the US are affected - over 9.5% of the population. According to research it is anticipated that by the year 2020, depression will be the second leading cause of death just behind heart disease. Studies indicate that depression contributes to fatal coronary problems.

Not only does depression affect personal relationships which impact the stability of families, depression also impacts the workplace resulting in a high absenteeism which causes stress for small businesses as well as large companies and corporations. The financial effect of the productivity losses of productivity extends into high medical and pharmaceutical costs for the depressed person and the employer. Everyone is affected including families. The biggest toll is on the person who has to endure depression. The depressed person feels lost and most of the time seems disenfranchised from life.

## *The Beginnings of Depression*

How does depression start? Everything about you begins the minute the sperm hits the egg and you are in. Everything about you starts in the womb. This sounds outrageous, but this is how you begin your life emotionally, mentally, spiritually and physically and eventually financially. Why? Because as a human you are constantly being imprinted through your cellular experiences and information, which affect and influence your life daily.

As a fetus in the womb, if your parents are emotionally unstable, you and your body will be affected by their instability both physically and emotionally from your inception. Your body begins to memorize their fears and concerns. When mothers and fathers are drug addicts, the baby is born addicted. Crack babies are the perfect example of this phenomena. The more profound the emotional issues of the parents, the more profound the effect on the child, particularly through the mother's experiences. Why? Because the mother's womb itself is the place in which the child's initial Cellular Memory experiences occur.

When the parent or the parents are depressed, more times than not they use drugs to deal with their depression. Not only do the drugs affect the baby, the underlying issue of depression impacts the health and well-being of the baby during gestation. Drugs don't solve the issue, they compound the issue, especially when the drugs are street drugs. Drugs only magnify the problems.

Statistics show that depression can also begin in childhood. As a result of emotional, mental, physical and/or sexual abuse, these negative experiences contribute to depression throughout an individual's lifetime. Yelling, screaming, and swearing violently are traumatic to the child. What is not addressed is how the frequency and vibration of this behavior and the sound of this behavior affect the child's Cellular experience from the womb causing trauma to the child. After birth many children have "out of body" experiences just to survive, especially sexually abused children. These children can become disenfranchised from life, creating a reality that *"this is how life really is"*.

The Belief Systems say that children are loved, treasured, nurtured and supported by their parent, parents or family. More times than not these experiences are not the case. The child becomes confused and cannot rationalize the abuse. Self-blame, self-shame and self-abuse can occur throughout life from childhood to adulthood.

Adulthood becomes a moot point because the adult is "stuck" in the past at the moment and the moments that the abuse occurs and reoccurs. The

pattern is established and depression from the Cellular Level becomes the way of life. Depression can be cyclical or ongoing. This is not living. This is existing through life, not fully participating in life.

The child and the “adult” child accept at their deep cellular level of the abuse experience, establishing a belief system that abuse is his or her reality. The abused person accepts this as his or her “real” reality. This is the most dysfunctional view of acceptance. The child into adulthood gives up his or her power, feeling helpless, weak and defenseless. This is survival in action.

Survival is a not a healthy way to experience life. The child and the adult “child” are always, whether aware of it or not, in the mode of survival. Survival has nothing to do with economics, wealth, age or stage of life. Survival is the coping mechanism, a very real and significant aspect of depression. The individual is consciously or unconsciously waiting for the proverbial ax to fall, waiting for the next depressive episode to happen, always waiting to survive another situation or event that will happen! The loop of depression is predictable.

#### *Depression and Disease*

From a physical aspect of depression, studies are showing that depression can be linked to osteoporosis, diabetes, heart disease, chronic pain, eye disease and cancer. This is not surprising in any way. Your emotional body affects your physical body. Your emotions are physical. This is the reason why your body begins to breakdown and dis-ease becomes disease in your body. The moment that the disease or illness is diagnosed is not when the illness began. The moment that the emotional and physical abuse began is when the depression started.

These factors cannot be separated from each other. They are inter-linked, inter-connected and inter-twined in your body and your life’s experiences. The question is... where is your body the most challenged or where is the most weakness in your genetics and your biology found? This is how the dis-ease resulting from depression becomes the diagnosis. In every

disease there is an underlying emotional consequence that affects the physicality of your body, which in turn deepens the depression at your Cellular Level.

You have to remember that as a fetus or a child, you didn't have the experience to experience the experiences you were having. You couldn't believe your eyes and ears or your body itself could not comprehend these verbal and physical abuses that were happening to you. You didn't know that what the abuser or abusers were doing to you could be stopped. You didn't have the knowledge or the physical strength to overcome the "authority" figure, who appeared to have all your power. You simply "memorized" the experiences into your body as though you may have caused them. There was no way out. The only way out was to "depress" your Self deeply in your cells.

Looking at the diagnosis of the relationship of depression to disease in very plain terms will give you new perspectives of what the underlying emotional and physical explanations are for the labels of disease. These explanations may appear too simplistic. However, they really are simple. Through the years in my practice with the QuantumPathic® Energy Method, these underlying conditions, when addressed at the Cellular Level of the experiences, provided these simple yet profound answers. These answers provided a new place in which to begin to heal both the physical and emotional traumas that resulted in the depression in the first place.

## 2 CASE #1

Case Study #1      2009

Christy Miller      50 years old

Diagnosis:              Clinical Depression, 1969, Age 8

                                 Onset of Depression and Headaches

Prognosis:              Anti-Depression Medication, Cycle of Talk Therapy

From a medical and psychological perspective Christy was treated through Talk Therapy and drugs. This is the *normal* protocol for depression. It is a challenge to address depression without finding out the cause at the root of the issue. The computer/brain cannot heal depression and neither can drugs. What *heals* is getting to the cause at the cellular level of the experience and the subsequent experiences that re-iterate and reaffirm the emotional attachment to experience at whatever age or stage that the depression began. It is the emotional attachment to the initial experiences that drives the depression. It is the resultant experiences, though they may look like the origination point of the issue, that re-enforce that emotional issue that Christy uncovered in her journey of depression.

At 8 years old, a traumatic experience happened to Christy. Her parents did not believe her. At that moment, the people who were supposed to love her, support her, care for her, and listen to her decided to punish her for something that she did not do and that she had no control over. It is very impacting for a child to not be believed by her parents. From that moment on, she could never do anything right...she never felt worthy

She lived depression from 8 years of age, always reiterating to her Self that she was wrong, not believable, and she kept going through the motions of trying to be happy. She had to fake it. She was put into

therapy and given drugs. After college, Christy, running from her Self, would up and move like clockwork every four to four-and-a-half years, trying to escape from the depression... the deepest disappointment of not being believed.

At 30 years old, she contemplated suicide. This was not the Walt Disney version of family dynamics. In a conversation with her mother, all she wanted to do was cry, and she could not. At that moment, Christy was reaffirmed that she was not worthy or believable. In her heart, however, she knew that she was not ready to die. But, she still remained in the emotional cycle of depression, and she had no idea how to get out of it.

At 41 years old, she was raped (remember—her belief was that she was not worthy). The next day she reaffirmed her same old habits of behavior, ignoring her Self and believing she did not matter to anyone. However, some clarity began to come to her. She realized that her worth had to come from her Self. She had to change not only her thinking but her behavior. She could no longer be a victim or victimize her Self.

At 42 years old, Christy fell in love. Her partner showed her that she *was* worthy and that her worth had to come from *within* her. At 47 Christy found QuantumPathic, and she was able to reaffirm this breakthrough. Ironically, she did not come here to heal her Self; she was applying for a position. Within the first week of her position, she attended the Intuitive Powers/Practical Applications I course. Her life began to change exponentially. She discovered, just as do the clients of QuantumPathic, that she has the power to create her life consciously, to let go of the depression, and to live her life fully.

After two years, Christy became the expert sage for QuantumPathic. She learned how to implement the tools she learned about at the Center, and she was able to let go of depression from her Cellular level. She is now the Director of Marketing and Social Media. She changed her consciousness, let go of the past, took charge of her life, and is living the life she is worthy of having. Self-Doubt, not believing in her Self, and depression are Belief

Systems of the past. She is living in the present moment, depression-free, and loving her life.

We invite you to listen to Christy and see how she is implementing her QuantumPathic Energy Method tools each and every day. She has championed depression.

<http://www.youtube.com/watch?v=eaLxjnSJYCw&list=UU4nt1y0ExIBQ-VkgG4SNOnQ&index=3&feature=plcp>

If you are suffering from depression or know someone who is, don't wait, call Sherry Anshara right away. She can be reached for a private session in person at the QuantumPathic Center of Consciousness. Call 480 609 0874. You can arrange an appointment via phone at 480 609 0874 or via skype sherry.anshara. You do not have to be depressed. Sherry's clients are all over the world.

### 3 LOOKING AT OSTEOPOROSIS

Brittle bones! When a child is beaten, punched, or kicked, the very foundation of the skeletal system is pounded, accompanied by the yelling and screaming, to the core of the body. The low vibrating frequency of not only the sound but of the actual pounding becomes the embedded experience in the child's body. Thus, the child is imprinted with these physical experiences, as the sounds of the poundings penetrate deep within the Cellular Level

Again, because the child cannot consciously rationalize this behavior, the very skeletal core of the person is impacted. The body begins to break down so slowly until at some point in time, the "adult" child is given a diagnosis of brittle bones/osteoporosis, foundational core weakness. When a person is depressed, do they even care about taking care of his or her diet? Does the person even care about whether his or her body is being supported by good nutrition? Street drugs and even prescription drugs suppress appetite. Osteoporosis does not begin in adulthood. Osteoporosis, like all diseases, begins as a result of being physically and emotionally suppressed - diagnosed as depression.

## 4 LOOKING AT DIABETES

The underlying emotional facet of diabetes is life is bitter. In my own family on my mother's side diabetes was the genetic code. Watching my mother go through the extremes of diabetes, going blind, dialysis and the cravings for sweets, totally convinced me that this was not going to be my "genetic" code. As I reflected on her life, without judging her in any way, I can see that she had undiagnosed depression. My father died when I was five years old, leaving her with me and three teenage siblings. She was in her late thirties, completely devastated. Structurally my mother was a very small woman. She was overweight, not grossly, but nonetheless overweight for her proportions.

Of course she was greatly disappointed that her life did not go the way of the fairy tale nightmare. "You grow up, get married, have children and live happily ever after." No one asked her... "After what?" Neither did she! Life became bitter. This situation was not supposed to happen. She could not explain the "after what" to her Self. No one else could either. She felt victimized by life and by my father's death. She and her body accepted the diabetes of her family genetics and biology. I chose not to!

Victimization is another huge aspect of depression. When you don't have the knowledge to deal with life and you view it as "you" being a victim of someone, some circumstance or some event, victimization becomes a perceived pattern of behavior that expresses itself as depression. Life is not supposed to be this way.

Depression does not discriminate against age, stage, religious background, politics, race, color or creed. Depression begins with an experience that the individual doesn't have the knowledge or rationale to deal with the situation. "Adult" children can go out of body, just as a child does, to avoid a situation. Depressing emotion is depression.

## 5 CASE STUDY #2

Debbie Ellis	49 years old
Diagnosis	January 2005 – Type 1 Diabetes  Her body produces no insulin. She was told she had to use injections for rest of her life. Her left leg had Venous Stasis. The skin on left leg was extremely blackened.
Prognosis	She has to live with Diabetes and the emotional and physical issues: depression and anxiety. Additionally Factor V Leiden causes blood to clot. Debbie was also told she had deep vein thrombosis, and possible renal failure. Premature death could result.

Debbie would have to live with these conditions the rest of her life, according to the diagnoses. Medication would be her way of life, not only for the diabetes, but also for depression and anxiety. The Truth is, Debbie was completely disconnected from her body and in overwhelming denial. Her sister, Sheron, brought her to the QuantumPathic Center of Consciousness the day after she got out of the hospital.

After three one-hour sessions through the QuantumPathic Energy Method, Debbie's legs, especially the left leg, had significant improvement. Pictures were actually taken of the dramatic changes in the left leg from blackened to a healthier pink, flesh color. Both her legs began to heal at the Cellular Level.

The most important healing began for Debbie when she connected to her Self and her body and looked at her life differently. She chose to let go of the negativity and the bitterness, which are some of the core issues of diabetes, depression and anxiety.

The tools she implemented at the QuantumPathic Center of Consciousness supported her to accept her situation. At the cellular level of her consciousness she became self-empowered to heal her depression and anxiety. She was able to accept her diabetes and bring it under control by connecting and using the intelligence and intellect of her body which is clear Cellular Memory. She realized with "real eyes" that the Truth of healing her physical and emotional traumas was inside of her Self. She freed her Self from the bitter resentments of her past. From the inside out, Debbie changed her attitude about her Self and her life. She recognized how the cycle of depression, anxiety and diabetes were all related to each other.

Making these significant changes in her attitude about her Self, her life and her past, Debbie is excited to be alive and moving forward in 2012. She enjoys her grandson, her daughters and her family. She has chosen life over illness. Changes in her attitude and her choice to be happy from the inside out created the healing in her cells. She is choosing to live her life in much better ways. She has given her Self her life back.

Take the opportunity to listen to Debbie and Sheron share their experiences about how they have implemented the QuantumPathic Energy Method tools. Their relationship is closer and you can clearly "see" how much they love each other.

<http://www.youtube.com/watch?v=x3-A3A0MLtE&list=UU4nt1y0ExIBQ-VkgG4SNQnQ&index=29&feature=plcp>

Diabetes does not have to get the best of you, just as Debbie discovered through the QuantumPathic Energy Method. Don't wait call Sherry Anshara at 480 609 0874 for a private session at the QuantumPathic Center of Consciousness. Wherever you live, you can call Sherry Anshara at 480 609 0874 for a phone appointment or via skype sherry.anshara. Sherry's clients live all around the world.

## 6 LOOKING AT HEART DISEASE

The heart is the highest vibration and frequency in the body. Research has verified that the human has an unlimited capacity to love unconditionally. But when your heart is confused by the physical and emotional trauma that the perpetrator, who is supposed to love you and care for you, is in actuality abusing you, you and your body cannot process this treatment. Heart Disease at the emotional and physical core is a broken heart.

Yes, there are biology and DNA factors, but these can be changed from the Cellular Level through the physical and emotional release and healing of the core issues.

Once the frequency and vibration of the heart is compromised, a diagnosis of heart disease, heart conditions or heart attack is rendered. Your heart has been attacked literally. The heart condition can take years to surface. Healing your emotional and physical issues can be accomplished.

## 7 LOOKING AT ADDITIONAL DISEASES

Chronic pain, eye disease, cancer, etc, all have connections to depression. These are just ramifications or forms of how the earlier physical and emotional experiences of abuse affected and influenced your health, your well-being and your life's experiences. Chronic pain is your body expressing itself to all the sounds and the different aspects of the abuses. Your body is in pain for these reasons.

Pain in your body is your body's attempt to get your attention. But what is the protocol? The protocol is to suppress the pain with medication, with drugs - legal or illegal. Eventually the pain cannot be suppressed. Your body is desperately attempting to get your attention. *Listen to me.* However, when you are not connected to your body and just living in your computer/brain to survive, your body will do the best it can to connect with *you*. Perhaps **the answer is to connect to your body before** the pain becomes chronic.

Perhaps the answer is to connect to your body before the pain becomes chronic.

Chronic vision and eye problems, impacted by depression, have an underlying emotional issue that you may not want to see what is really going on in your life. Ask your Self how many times have you ignored what was going on around you, just to survive? Don't judge or blame your Self. Maybe it is just time to look from a detached perspective, not perception, of what is really going on in your life? Perspective is based on fact. Perception is based on an emotional, powerless experience in the past.

## 8 LOOKING AT CANCER

What does Cancer have to do with depression? Cancer is literally eating your Self up alive from the inside out. Cancerous situations stem from physical abuse, emotional abuse, and from the trauma of victimization like rape. It festers up inside of you. When the abuse begins in the womb through your parent or parents' fears, through their past abuse experiences and/or drug addiction, you start to get sick deep within you.

Cancer can take years to actually manifest somewhere in your body. The places of cancer are where you are the most emotionally and physically challenged in your body. Your body does not have to be this way. You can make significant changes from your inside out. You do not have to eat your Self up alive from the emotional traumas. You can get to the core and begin your healing process.

## 9 CASE STUDY #3

Case Study #3      2006

Cindy Zukerman    48 years old

Diagnosis:            Stage Four Breast Cancer spread to bone marrow

Prognosis:            4 months to live

From the tests, the only conclusion that the doctors could tell Cindy was that she had approximately four months to live. Fearful and depressed that her life at 48 was almost over, Cindy was terrified at the thoughts of what would happen to her 12-year-old twin daughters and her husband. She could not imagine that she would not see them grow up, get married or be a significant part of their lives. There was just too much to live for in her mind.

Through the QuantumPathic Energy Method as a tool, Cindy healed her own cancer and her depression. She learned how the cancer was created in her body. She connected the emotional issues of her past which had resulted in the depression and eventually the cancer. Through the QPEM, Cindy found her answers within her Self. She healed her depression and her cancer.

Cindy also had a growth on her neck which distorted her throat and her tongue, almost rendering her speechless. Her head, her neck, and her spinal column were out of alignment. Cindy straightened herself out with her own power. She rose to my challenge of pronouncing the well-known expression from Mary Poppins: Supercalifragilisticexpialidocious. She said it clearly and perfectly. We laughed and cried tears of joy.

Today in 2012, Cindy is alive, cancer free and depression free. She and her husband are watching their daughters grow up. Cindy now has the

QPEM tools to assist, not only her Self but her daughters and husband to overcome the emotional issues that they encountered within themselves from the moment Cindy was diagnosed with death.

They were as terrified as Cindy was. Today they have a future to look forward to each and every day.

Take the opportunity to connect with Cindy and to listen to her QuantumPathic experiences. Not only did she give herself her life back, she changed the future for her daughters and her husband.

<http://www.youtube.com/watch?v=s2Aur7H3aM0&list=UU4nt1y0ExIBQ-VkgG4SNQnQ&index=23&feature=plcp>

Cancer does not have to be the end of your life. You do have options and choices. Make a choice, call Sherry Anshara at 480 609 0874 and make an appointment at the QuantumPathic Center of Consciousness and see other options are available to you. She is also available for phone sessions at 480 609 0874 or via skype sherry.anshara.com. Distance doesn't matter, Sherry's clients are from around the world.

## 10 THE TRAUMA OF RAPE

Rape is the ultimate shock of having your power taken away. Rape is an invasion of your body and your life. At the Cellular Level, the trauma of rape is the ultimate act of depression and suppression by the victimizer. Because of this horrific experience the fear of bringing it up or re-experiencing the trauma, as defined as Post Traumatic Stress Disorder (PTSD), is extreme. So many victims may not want or know how to deal with this past issue. Shame, blame, guilt and anger are just some of the deep underlying emotions that are stuck in the victim's cells.

The victim will suppress or "depress" the memories of the experience, trying to forget it. The body never forgets due to Cellular Memory. So

many times the victim will think that depressing the experience connection of depression to other illnesses and disease in your body? You know it is. Ignoring the situation is a foundation for depression. Depression, again, is the deepest disappointment. Disappointment because the question... "Why did this happen to me?" can't really be answered.

Years after the rape had occurred; the shock and the trauma are still held physically and emotionally in the cells of the victim's body. The fact is that the act of the rape can't be changed but the trauma of the rape can be healed emotionally and physically.

At the QuantumPathic® Center of Consciousness, clients have the opportunity to free them Selves from the horrific experience of rape. They can heal their depression in a non-evasive, safe way. Mental well-being improves almost immediately.

From that detached point of view, you can take back your power, let go of being depressed and stop suppressing the experience from your Cellular Level. You can, from the perspective of the non-emotional observer, heal the abuse and rape. By not ignoring and no longer suppressing the victimizing events of the past in your body, you can allow your Self to begin to let go of the physicality of these experiences.

Is a picture emerging about the connection of depression to other illnesses and disease in your body? You know it is. Regardless of biology or the template of DNA, you can change it. You can heal.

Dr. Glen Rein, a biochemist, who graduated from the University of London, discovered that DNA behaves in direct response to human consciousness. According to his research this means that your thoughts can change the structure of the DNA. You don't have to be your parents. You don't have to hang on to the dysfunctional past in your body. You can be your healthy Self. Change your thoughts, your ideas about your Self, change your limited Belief Systems, and you change your life, your health, and how you create your life. You do not have to be depressed

and/or hooked on drugs for the rest of your life. You came here to *live* and create the life that you require, desire and deserve.

The core of depression is the deepest disappointment and continued disappointments that are connected to the initial shock of the situation, no matter whether it happened in the womb or sometime after birth. Don't let the disappointment or the continuing disappointments take your life or your power away anymore.

## 11 RESOLUTION

Here are some life-changing, cellular-shifting and empowering exercises you can do:

Knowing at my deepest knowing I can not change the past. What I can do is release the past from my Cellular Level, no matter what happened. I let go of depression, rape, sexual abuse, physical abuse and the emotional abuse from the situations. Depression and the ramifications of depression no longer serve me.

Forgiveness simply means for ME to GIVE my Self the opportunity as the Non-Emotional Observer to go back to the past, no longer a participant, and to see that I did the best and worst I could with what I knew and didn't know. It was mostly what I didn't know. I can now "see" that the perpetrators were more afraid than me. They had no idea who I was. They did not know who *they* were.

I didn't have the words, language, experience, knowledge or vocabulary to tell them who I was. I was limited by the Belief Systems, the B.S. Programs. The most disempowering Belief System is... "You grow up, get married, have children and live happily ever after." No one said after what? When we all went across the drawbridge into the castle, everyone found out they were in the dungeon and no one knew how they got there.

Through Unconditional Love in my heart, I cut the emotional and physical bands to the past, to the perpetrators and to the experiences. I am no longer affected or influenced by the past or by the limited Belief Systems or B.S. Programs that held Me there.

I Take Back My Power and FREE My Self from the past.

Knowing at my deepest knowing I can not change the past. The past is one second ago. I CAN CHANGE MY FUTURE. MY FUTURE IS ONE SECOND FROM NOW. MY FUTURE BELONGS TO ME!

I am the only one who can validate me. For those outside of me who validate Me, I thank them. And for those who don't... Oh Well, Oh Well, Oh Well.

I have begun the Progressive Process of healing my Self, healing my Cellular level and changing my DNA. I have the Power to "let go" of Depression.

## 12 REFERENCES

As published in Beginnings, the American Holistic Nurse's Journal on "Cellular Memory Release, a New Modality for Depression", co-authored by Sherry Anshara, Medical Intuitive and Anup Kanodia... "Virtually every behavioral pattern exhibited during routine activities of daily living results from learned data which are stored or encoded as 'Cellular Memory'".

"In the 1990's McClaskey, Van de Kok, and Fisler concluded that it is imperative that the primary focus of intervention involves isolating and decoding causative traumatic cellular memory patterns in order for therapy to have a lasting effect. ...The clients' consciousness is clear in order to access the origination point of his/her illness. Thus, the disease is released from the consciousness at the cellular level."

## 13 QUANTUMPATHIC CENTER OF CONSCIOUSNESS

### *The QuantumPathic Energy Method*

Sherry Anshara developed the QuantumPathic Energy Method, which supports and allows her clients to heal them Selves from their Cellular Levels at the origin of the issues, to free them Selves from the past and to live full and healthy lives no matter what happened in the past.

Allopathic and Naturopathic physicians, nurses, healthcare practitioners, scientists, and business professionals have recommended the QPEM. Their recommendations come from both personal and professional experiences.

Ms. Anshara facilitates for her clients in person at the QuantumPathic® Center of Consciousness in Scottsdale Arizona. She also facilitates for her clients around the world via phone or Skype. Her clients come from all backgrounds, ages and stages of life. Pregnant couples and their babies especially benefit because they connect deeply from the beginning of their relationships.

Certification

500 Hour QuantumPathic® Energy Method Certification Program

Courses

Intuitive Powers/Practical Application Courses I – VII offered at the QuantumPathic® Center of Consciousness in Scottsdale, AZ or other locations to be determined.

Affiliations

American Holistic Nurses Association Contact Hours	40
The Association of Comprehensive Energy Psychologists Continuing Educational Units	40
The National Certification Board for Therapeutic Massage Continuing Educational Units and Body Work	40

## ABOUT THE AUTHOR



Sherry Anshara is the Founder of the QuantumPathic Center of Consciousness in Scottsdale, AZ. She is the innovative creator of the QuantumPathic Energy Method, which is recognized by science, medicine, business, and alternative medicine as well as by the lay community. She is an author, a contributing writer to local, national and international publications, and she was a radio show host of Conscious Healing for over five years. A member of the National Speakers Association, Ms. Anshara speaks to the expanding Consciousness and Awareness within each individual to create, implement and manifest healthy and wealthy lives.

QuantumPathic Center of Consciousness  
6701 East Clinton Street  
Scottsdale, Arizona 85254  
480.609.0874  
<mailto:SherryAnshara@Quantumpathic.com>  
[www.QuantumPathic.com](http://www.QuantumPathic.com)