

## More About Cynthia James

Cynthia is a lecturer, teacher and internationally renowned performing artist. She was the co-host of a talk show in Los Angeles. She has counseled thousands of people; in corporate environments, as one-on-one clients, couples and created youth programs. She's facilitated hundreds of workshops and seminars and has been a featured speaker in business and spiritual forums.

Her life was transformed as she transcended her childhood of violence and abuse. Through education and personal healing, Cynthia created the foundation for this program and many other classes that integrate traditional therapeutic techniques, music, creativity and spiritual processes.



Ms. James graduated from two Masters Degree programs, one in spiritual psychology and one in consciousness studies. She currently serves as an associate minister at Mile Hi Church, one of the largest new thought spiritual centers in the world, with a congregation of over 10,000 member and friends.

Cynthia lives and thrives in the mountains of Colorado with her husband Carl.