



Wellness From Within
Taruna Barber, PhD

EXPERTISE

Life Purpose Coach, Energy Healing, Soul Realignment Practitioner, Usui Reiki Master and Teacher, Karuna Reiki Master and Teacher, Arcturian Healing Method, Ama~Dues Practitioner, Reconnective Healing, Holistic Metamorphosis, Bioridian Healing, Access Consciousness Bars Practitioner, Pranic Healing, Triple Life Action Force Healing

INTRODUCTION

Taruna is a Life Coach and Energy Healer. She has had a life-long interest in healing, and supporting clients in bringing greater peace, joy, and wellness into their lives. This passion led her to earn a PhD in Clinical Psychology and complete certifications in numerous energy healing modalities. Taruna thus uses her unique combination of coaching, energy healing, and intuitive skills to help people achieve their personal life, business, and career goals. Taruna's clients have reported improvements in many different physical and emotional challenges, as well as improvements in life areas, such as business and relationships. She works with clients both in-person and distantly.

Taruna's Keen intuitive guidance forms the basis of her coaching and energy healing sessions, and she uses a variety of healing modalities, depending on the client's needs and desires.

SERVICES OFFERED

- Life Purpose Coaching
- Soul Realignment (Akashic Records Reading and Clearing)
- Reiki (Usui and Karuna Reiki)
- Ama~Deus
- Arcturian Healing Method
- Holistic Metamorphosis (Level 3)
- Reconnective Healing
- Pranic Healing
- Triple Action Life Force Healing
- Access Consciousness Bars
- Bioridian Healing

MAKE AN APPOINTMENT

Website: www.wellnessfromwithin.center

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TESTIMONIALS

"Super excited to be taking this with Taruna. She has been my coach for the last several months and just phenomenal! My life has been turned upside down and right side up this past year and Taruna led me through a spiritual journey that has changed me for all eternity. Her wisdom and guidance is truly a gift. I am blessed she came into my life and beyond grateful for her love and support." -Desiree

"You and our coaching sessions have been amazing and positively life altering. ...I was skeptical of our sessions at first. The Initial crystal/chakra clearing was amazing. As our sessions progress, I continue to feel weight lifted from me. It initially feels like I am lighter emotionally, spiritually, and physically. I was stuck in a negative rut. I was not the same happy person I know I can be. Through your coaching sessions, I've been peeling back the layers of spiritual and mental negative layers that were consuming my life and absorbing my happiness. I am starting to reap the benefits now! My marriage is back on track, I have a new job on the horizon and we're not yet half way through our sessions. I can't wait to see what the next several months hold!" -Coaching Client

"After my two distance healing sessions for my right hip, I began to have better range of motion, less stiffness, and a less pronounced limp. I can walk for long periods of time without pain. The healing sessions also brought me a sense of peace and well being. My doctor told me my hip could not get better without surgery. I am so grateful that I have better functioning and an improved quality of life." -Dr. Leslie Madrak, Mount Laurel, New Jersey

"Thank you so much for everything you did in yesterday's session! I feel much lighter than before, and probably the biggest difference is the absence of a lot of the fear that I was constantly trying to push past. I go through some thought patterns where I would normally expect to feel a flutter of fear in my chest and nothing is there; it's wonderful 😊" and "Had much less anxiety since first session." -Testimonials from client after first energy healing session

"Taruna did a wonderful job as always! I especially loved her meditation at the end, which was really special and powerful. Thank you and Blessings Taruna!", "I learned a lot from this workshop! I learned that my old way of praying had been out of desperation and as a result, felt my prayers are left unanswered. Taruna's new new understanding of prayers helps me feel empowered that I can manifest what I want. I feel more at peace and my hope and faith is strengthened. I'm so glad I went to this workshop! Thanks Taruna!", "I thought the healing was very powerful for me. It was great to meet you and again, I thank you for doing this work. Was very enjoyable.", "Taruna has a beautiful voice and peaceful energy.", and "Taruna, you did a wonderful job with the meditation and explaining things. Thank you so much!" - Taruna's Workshops