



# DR. LIMA BERGMANN

Speaker • Spiritual Mentor • Intuitive Medium

“ Real change happens in your life the moment you start loving who you truly are.

Dr. Lima Bergmann is a Spiritual Mentor and Intuitive Medium. Trained as a both clinical psychologist and psychic medium, this unique combination of expertise and abilities makes her adept at helping people achieve psychological and spiritual transformation. Her passion is to guide people through a process toward a more joyful life in alignment with their True Self.

## SPEAKER TOPICS

### An Inner Journey To Happiness

People spend a lot of time searching for happiness instead of understanding that happiness is not something to seek but, instead, something you choose to become. Happiness is a choice that comes from within.

This one hour talk will walk you through five crucial elements needed to move into a place of true inner happiness. Lima’s near death experiences are used as examples of how the journey toward true inner happiness unfolded for her and how they separately correlated to all of the elements she will discuss.

### Discover The True You By Embracing Your Fears

An ever increasing number of people are looking for ways to live deeper, more meaningful lives in connection with their soul. However, the transition to living a more soul centered life can be difficult if you aren't clear about what's holding you back.

This talk is given in 20 minute or up to one hour lengths and helps people understand what their fears are trying to tell them and how using fears as clues for our growth can lead us on a path toward an alignment with our True Self.

### Ease Your Story

It’s natural for us to hold onto painful or frightening events from our past in an effort to protect ourselves from re-experiencing a similar situation. However, this can backfire on us because doing so prevents us from living fully in the present.

This is a 45 minute to one hour presentation to help people let go of the way they experience painful stories from the past. It’s a way to finally set down the baggage we carry, from our past into our present, so that we can live a happier life with more clarity and purpose.



## Testimonials

*What an extraordinarily entrancing, fascinating and powerful speaker you are! I have never seen people so animated, lingering and connected as I did that night. Your energy transformed the space we were all in and we were all high from it. I could see it on the faces of those folks who stayed and talked and huddled close with you and with each other. Brava!”*

Terri Cooper, MA, LMFT, Santa Barbara

*Lima has an extraordinary way of weaving words with heartfelt emotion, clarity and wisdom to help educate and guide. Her sense of compassion and empathy envelop the audience and evoke unequivocal attention as she shares her experiences and teachings with commitment and passion.*

Colby Rebel, Los Angeles

