

MIRROR OF MY SOUL SANCTUM OF MY HEART

Mirror of My Soul, Sanctum of My Heart By Jasmina Agrillo Scherr

A Spiritual Memoir and Inspiring Treatise on How Heart-Resonance, Intuition and Resilience Get You Past the Tough Times and into the Thrive Times

An International Odyssey Offers Healing and Wonder

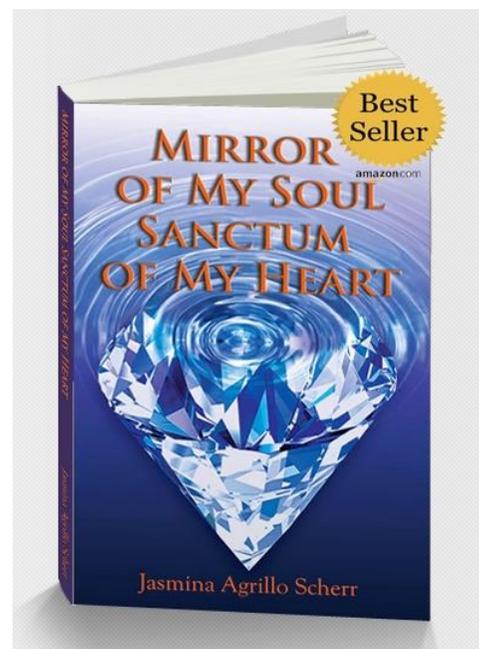
Jasmina Agrillo Scherr knows about resilience. Her life has never been easy. As a child, she felt different from the get-go because she sensed and saw what others couldn't. Her mother--manic, depressed and irrational--wanted to take her to "head doctors." Jasmina suffered through illness and appendicitis—while living with a mother who was "a walking time bomb." As a teen, her best friend suffered a mental breakdown. She left home early to make her way in Maine and earn a fine arts degree –putting herself through college while working a variety of jobs. Next came a rocky and unfulfilling marriage. Then, a brain tumor that nearly killed her and made her fight back to regain her full mental and motor skills. And lastly, a heartbreaking divorce.

Yes, Jasmina knows about resilience, but she also knows the joy of buoyancy and a life filled with spiritual blessings, a loving son and late in life, an adoring husband. She knows the beauty of connecting to the world beyond this reality, serving others, and being guided toward the light whenever at a crossroads.

Her new book ***Mirror of My Soul, Sanctum of My Heart***, is a spiritual memoir and inspiring treatise on how heart-resonance, intuition and resilience can get you past the tough times and into the thrive times!

Filled with mystical experiences that kept guiding her forward, she relays the astonishing visions, dreams and guidance that opened for her--even long before this grandchild of Italian immigrants elected to follow her wandering soul to India to become a disciple of a leading spiritual guru. In this modern day, real life Odyssey, you travel with her from the ancestral sorts of Sicily, to New England, India, South America and Southern California's paradise of sunshine. And through her book, her healing is now our healing, as she provides the wisdom and inspiration to be in one's heart, looking for inner truth.

Jasmina Agrillo Scherr has walked the path and then held her hand out to others. Spiritual pilgrim, yogi mystic, meditation coach, brain recovery counselor, and spiritual healer, she has spent more than 25 years inspiring people the world over, teaching them how to access and use the power of their heart to impact consciousness, health, performance, creativity and relationships.



Today, she offers coaching programs on *Resilience Training*, *Transforming Anxiety*, and *Heart-Based Divorce Recovery*—helping people over the hurdles that she once had to leap. She also offers a coaching program called *Our Miracle Heart* that transforms people's life through increasing their conscious connection to their hearts. Her newest program *The Cosmic Heart Resonance Technique™*-- is a unique practice to deepen the connection to spirit and access the laser guidance to heal and grow! In addition to her coaching programs, Jasmina's mini and full guidance, energy healing and intuitive guidance sessions are popular with people to experience a fast and effective way to de-stress, heal and connect with spiritual intelligence.

Mirror of My Soul, Sanctum of My Heart brings readers to a new level of awareness for their own potential. Readers discover:

- How to pay attention to their dreams and other signs of guidance
- How to make life easier and less intimidating through heart resonance and Heart Time
- How to recover from divorce with grace, strength, forgiveness and self-love
- How to find inner strength, wisdom and guidance to persevere in the face of adversity
- How to find resilience and buoyancy -- to thrive through and after the difficult times.

For more about Jasmina Agrillo Scherr and her programs, visit: www.jasminaagrilloscherr.com.

Mirror of My Soul, Sanctum of My Heart, \$15.95, is available at www.jasminaagrilloscherr.com.

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MIRROR OF MY SOUL SANCTUM OF MY HEART

Jasmina Agrillo Scherr Biography

Spiritual pilgrim, yogi mystic, HeartMath® Licensed Coach, and Light Energy Healer, Jasmina Agrillo Scherr has more than 25 years of experience inspiring people the world over on how to access and use the power of their heart to impact consciousness, health, performance, creativity and relationships.

Her client case studies are cited in the 2003 New Harbinger publication, *Transforming Anger* and the 2006 New Harbinger publication, *Transforming Anxiety*. She is also quoted in the 2008 HeartMath publication, the *emWave Solution for Enhancing Meditation, Prayer & Self-Help*. Jasmina is the author of the Amazon bestseller, ***Mirror of My Soul, Sanctum of My Heart***—a spiritual odyssey that goes beyond the near death experience to living from the intuitive heart connection.

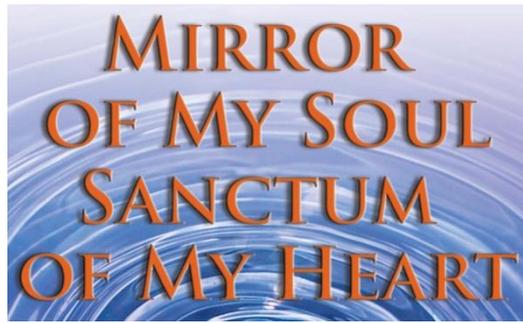
Her passion for helping others is born of her compassion for the pain and suffering in others. Having lived through personal upheaval, illness and stressful conditions throughout much of her life, she wants to aid others in finding their path to peace, joy, health and spiritual connection.

Having had a very clear connection to Source beginning in childhood, Jasmina has continued to walk a path between both this world and the unseen world of spirit. Her near-death experience while fighting a brain tumor further intensified her ability to live and intersect both plains. By surrendering to the guidance, she has found the strength to carry on and rise from adversity to a place of wholeness. The mystical experiences in her life have made her a life-long seeker and a world traveler, sending her to India and South America searching for answers, healing and a deeper connection to herself and source. Her inspiring new book ***Mirror of My Soul, Sanctum of My Heart*** chronicles her life story and transcendent experiences.

Jasmina has been a sculptor, meditation instructor, brain injury specialist, and life coach. Among the current programs that she offers to help people navigate the vicissitudes of life and to connect more deeply with themselves are Resilience Training, Transform Anxiety, Heart-Based Divorce Recovery, Our Miracle Heart, and The Cosmic Heart Resonance Technique™. In addition to her coaching programs, Jasmina's mini and full guidance energy healing and intuitive guidance sessions are popular with folks to experience a fast and effective way to de-stress, heal and connect with spiritual intelligence.

Currently residing in Los Angeles, she likes long walks on the beach, meditating, movies, and ethnic cooking experiments in the kitchen. She enjoys sharing the spiritual adventure wherever it takes her with her husband, Kenny, and friends from around the world.





Jasmina Agrillo Scherr's Coaching Programs

Resilience Training

Journey inward to discover your strength! Jasmina will help you emerge from crisis or trauma to recapture your balance and sense of joy. She'll work with you to find your hidden well of wisdom, self-love, capability and endurance. But there is more to resilience than bouncing back. It's creating the new *set-point* of happiness, inner peace and vitality. You'll experience once again, just how good life can be.

You'll learn*:

- How to infuse your life and health with vigor and passion
- How to quickly get beyond setbacks
- How to address the causes of stress in your life
- How to look to your heart to keep you in alignment with a healthy, happy, peaceful existence
- How to communicate more effectively to achieve your intentions
- How to increase your self-confidence, and have greater composure under duress or challenging circumstances
- How to think more clearly and focus more effectively
- How to sleep more deeply and worry less
- How to be more flexible with changing conditions and release resistance

Transform Anxiety

Yes! You can! Imagine and live life free from overwhelm, worry, fear of what the future might bring in, health, relationships and performance. Jasmina will help you recapture your courage, and confidence to move forward in joy. She'll work with you to find your hidden well of peace, self-love, capability and staying power. Freedom from anxiety gives you the gift of living your truth and using your gifts on the center stage of your life. It's creating the new *set-point* of happiness, inner peace and positivity. You'll experience once again, your best life forward!

You'll learn*:

- How to identify the causes of anxiety
- How to stop the drain of negative thoughts and emotions on your health & well-being
- How to change anxiety to peace and mental clarity within seconds
- How to use your intuitive heart power to program your best life
- How to communicate with comfort and ease in your relationships
- How to increase your self-confidence, and have greater composure under duress or challenging circumstances
- How to re-create habits of positivity
- How to sleep more deeply and worry less
- How to remain empowered in the present moment in the midst of uncertainty.

Heart-Based Divorce Recovery

Why live with anger, bitterness, resentment, fear or a lingering desire to return to an unhealthy situation? Jasmina will help you live for today and tomorrow, instead of the past. To let go of all the emotions that are interfering with you living a big-vision, happy, loved-filled life today!

You'll learn:

- How to grieve appropriately and move on
- How to let go with joy and relief
- How to tap into your inner reserves
- How to communicate with compassion
- How to forgive yourself and your ex
- How to open new pathways in your heart
- How let in someone new and not repeat the same patterns

Our Miracle Heart

Your heart is more than just a beating organism. It is a conduit to your higher self and Source. It has its own intelligence, an intelligence that interacts with your consciousness, subtle energy system, physical health, and what you project into the world that manifests your experience. In learning how to connect with your heart, you will discover gifts you never knew existed! By looking to your heart, you will find answers, meaning and purpose!

You'll learn:

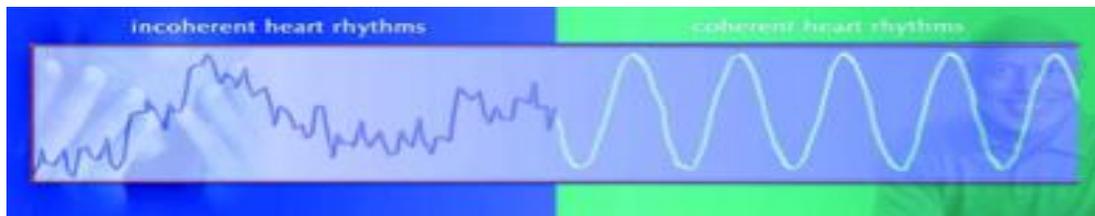
- How to trust yourself to find what you need to know
- How to live in Heart Time
- How to increase your intuition
- How to flow with life, rather than push through or work hard
- How to have a greater spiritual connection
- How to discover your life purpose or further infuse it into how you live today
- How to learn to pace yourself and let go of "overwhelm"
- How to cope with the challenging times and still find your peace
- How to let your heart lead you out of fear or immobilization



**YOU CAN SUSTAIN BALANCE & HARMONY IN YOUR BODY, MIND
& EMOTIONS WITH HEARTMATH®'S AWARD WINNING
EMWAVE® STRESS RELIEVING TECHNOLOGY ON YOUR
COMPUTER OR ON THE GO. YOUR SESSIONS INCLUDE A
WORKBOOK TO HELP YOU GROW, APPLY AND REALIZE YOUR
MIRACLE HEART GOALS..**

Here's How Your Miracle Heart Works:

When you intentionally shift to a positive emotion, heart rhythms immediately change benefit the entire body. The effects are both immediate and long-lasting.



“You have the power to create miracles of health, joy and fulfillment in your life.”

-- **Jasmina Agrillo**

Learn The Cosmic Heart Resonance Technique™

Do you long to deepen your connection to Spirit? To easily and quickly receive guidance to your most vexing problems? Take your self-healing to a deeper level?

This is a new and unique technique to help you do that and more.

You can learn to:

- Access multi-dimensional healing miracle frequencies
- Connect to Divine or Universal Source Intelligence for enhanced intuition
- Quickly transform stress to peace and mental clarity
- Accelerate the clearing of emotional trauma
- Re-pattern thought patterns through accessing Divine Intelligence
- Manifest desires in your daily life in relationships, health, & performance

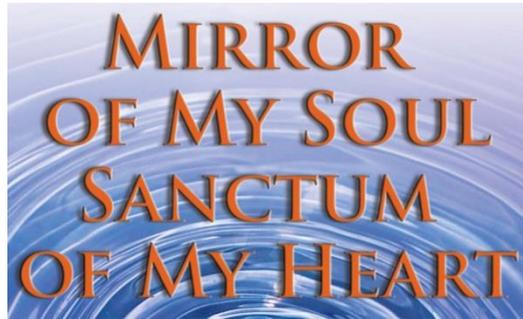
Energy Healing

Are you experiencing aches and pains, physical limitations, a sense of your body not operating at its peak? Then consider giving yourself over to one of Jasmina's acclaimed Energy Healing sessions for a blissful “restorative energy tune-up.” Energy healing is a completely natural channeling of Divine Light Energy, shared peacefully with you through Jasmina's caring hands. Complementing traditional approaches to everyday health, energy healing can be used for any stress, illness, or injury. Energy Healing maximizes your body's innate ability to heal itself!

Jasmina's Energy Healing sessions can help:

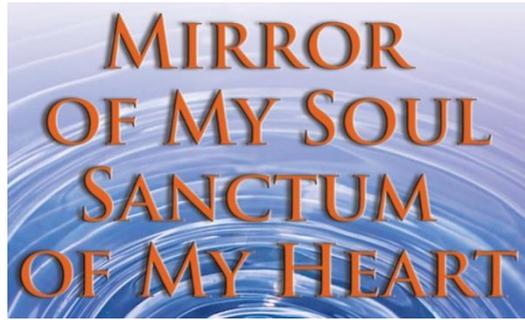
- Promote relaxation, & a deep inner peace
- Reduce pain,
- Quicken recovery,
- Minimize the side effects of drugs,
- Balance body & harmony on all levels:
- Enhance all aspects of health—physical, emotional, mental and spiritual
- Deepen the connection to inner guidance.

Energy healing is non-religious and you are treated with compassion, non-judgement, confidentiality, and honesty. As millions around the world can testify, Energy Healing works! All that is required is being open to a new, life-fulfilling experience.



Questions for Jasmina Agrillo Scherr

1. Why did you write *Mirror of My Soul, Sanctum of My Heart*?
2. Tell us more about your soul connection to help healing your family's lineage?
3. How did your mother's undiagnosed mental illness affect you as a child?
4. You refer to your mother as your first great teacher. Why?
5. How did your connection to spirit help you in your childhood?
6. Why did your spirit connection go underground in your teenage years?
7. What brought the connection back?
8. Living in a multi-dimensional reality is a theme that runs throughout your book. Does spirit make its presence known to all of us? How?
9. Tell us about the role of the spiritual teacher and how it helped you?
10. How did your many pilgrimages to "Mother India" help you grow spiritually?
11. What were your challenges in recovering from the devastating effects of a surgery to remove a massive brain tumor?
12. You had a near death experience in the surgery? How did that affect your life?
13. How did your intuitive initiation into your miracle heart connection affect your recovery?
14. What is "Heart Time?"
15. How did you grow through your heart-breaking divorce?
16. What are the blessings of having lived through trauma and suffering?
17. How do you help people build resiliency and why is this important?
18. You help people overcome anxiety. Tell us about that.
19. What are the benefits of your coaching programs?
20. What are the benefits of your mini-guidance sessions?



Learn More

Book

- *Mirror of My Soul, Sanctum of My Heart* by Jasmina Agrillo Scherr
- \$15.95
- Available at www.jasminaagrilloscherr.com.

Coaching Programs

- Resilience Training
- Transform Anxiety
- Heart-Based Divorce Recovery
- Our Miracle Heart
- The Cosmic Heart Resonance Technique
- Visit www.jasminaagrilloscherr.com

Healing Sessions

- Light Energy Transference
- Visit <http://jasminaagrilloscherr.com/energy-healing/>

Mini-Guidance Sessions

- A fast and effective way to de-stress, heal and connect with spiritual intelligence
- Visit <http://jasminaagrilloscherr.com/mini-guidance-sessions/>

Full Guidance Sessions

- A deeper dive experience of de-stressing, healing, and connecting with spiritual intelligence
- Visit <http://jasminaagrilloscherr.com/full-guidance-sessions/>

Guided Meditation CDs

- Receive Intuitive Guidance From Your Divine Inner Light
- Meditate with St. Francis in the Grotto
- Visit <http://shop.jasminaagrilloscherr.com>