

EXPERIENCE NEW LEVELS OF  
AWARENESS & PEACE!

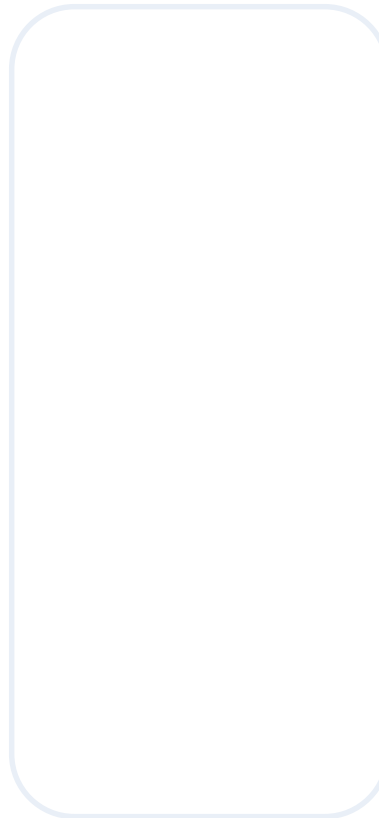
The mission of Life Esteem is to raise our consciousness, awaken our intuition, and live a meaningful life and existence.

Life Esteem embraces the human spirit, through self-discovery, personal transformation, and healing.

Dr. Chargualaf helps you **release issues** that are holding you back, enabling you to **manifest the life you want**.

She provides **transformational coaching, spiritual counseling,** and **intuitive healing** to awaken a meaningful life and existence.

Sessions are by appointment only, and are available in-person, Skype, or telephone.

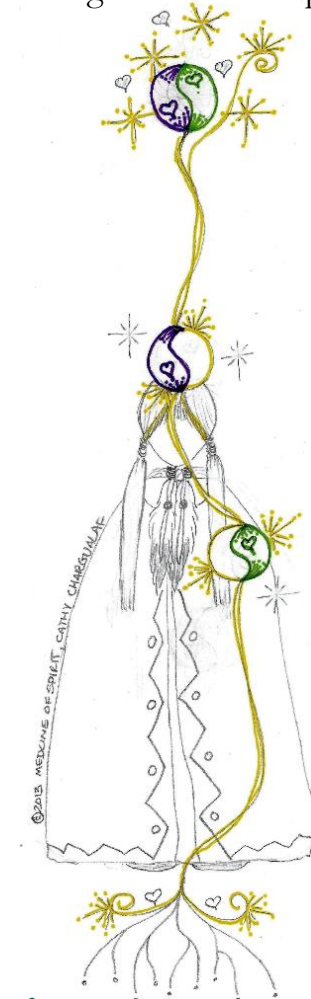


Life Esteem LLC  
Dr. Cathy Chargualaf  
P.O. Box 772, Perris, CA 92572

# Life Esteem

SPIRITUAL  
COUNSELING

Empowering the Human Spirit



Life Esteem LLC



## Dr. Cathy Chargualaf

A session with Dr. Chargualaf enables you to gain revealing insights into unresolved issues and hidden motivations that may be keeping you from living a full and joyful life. Dr. Chargualaf supports and guides you to a deeper understand of the essence of who we are.

Dr. Chargualaf is a Metaphysical Spiritual Counselor, Holistic Life Coach, Intuitive Energy Healer, author, and owner and founder of [Life Esteem, LLC](#), [Life Esteem Wellness Center](#), and the [Institute of Natural Healing](#) in Southern California. She received her PhD in Metaphysical Humanistic Sciences, with a specialization in Spiritual Counseling & Life Coaching. She also has a doctorate in Clinical Hypnotherapy, attained certifications in a variety of metaphysical modalities, and worked with Anaheim's Community Services Program as a California State Certified Counselor.

Dr. Chargualaf combines over two decades of metaphysical training, and accelerated human performance expertise. Her extensive experience and compassionate approach will help you go deeper in uncovering your inner wisdom, and connecting to your higher power.

## Key Offerings

### Spiritual Counseling & Transformational Life Coaching

- Develop Your Intuition
- Awaken your Inner Wisdom
- Gain Insight into Unresolved Issues
- Improve Self-Esteem & Life Esteem
- Establish Healthy Relationships
- Intuitive Spiritual Readings
- Metaphysical Methods and Techniques
- Spiritual Healing Methods and Techniques

### Guided Imagery or Hypnotherapy

- Create the Life You Want
- Improve Learning Ability & Memory
- Change Limiting Beliefs and Negative Thoughts
- Renew your Well-being with Medical Hypnosis

### Intuitive Energy Healing

- Promote Natural Healing
- Balance your body's energy system
- Jumpstart the Immune System
- Create Balance in Your Biofield (energy body)
- Improve mentally, physically, and spiritually

### Meditation

- Increase Relaxation
- Discover you are connected to everything
- Gain Inner Wisdom
- Rejuvenate your feeling of vitality



Dr. Cathy Chargualaf CSC, DCH, Ph.D.  
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(626) 893-0340



## Client Testimonials

*"The support and healing that you have provided for me is a true gift. Lots of love to you!"*

*"It was a remarkable class with a remarkable lady. She was truly sincere and concerned about our lives. She helped us get in touch with our purpose in life."*

*"I truly believe that because of your natural talents and abilities you have touched my life in a way that has made me a better and happier person. I know that you have provided this experience to many people."*

*"Cathy provides the clarity to help you understand and teaches you how to embrace while functioning in a world that does not understand or accept these abilities. I highly recommend you check out her website for additional information and contact Cathy for any of these services."*

## Contact

By appointment only

Dr. Cathy Chargualaf  
[www.lifeesteem.com](http://www.lifeesteem.com)  
626-893-0340

