

## **BIOGRAPHY**

### **SHORT VERSION:**

**Alison J. Kay, PhD** is a Holistic Life Coach, an India trained YA Yoga & Meditation teacher, an ACE Certified Personal Trainer, and an energy healer/shifter of 16 years nicknamed “the lightning bolt” due to the power of her energy healings and clearings with clients around the globe. She has been a meditator for 20 years and a meditation teacher for 14. She is also a vegetarian while being an endurance athlete, weight trainer and yoga practitioner. The unique blend of credentials, use of multiple modalities, and the wealth of experience she acquired during the 10 years she spent living in Asia studying subtle energy practices, make her perspective and manner of working with people around the world incredibly powerful. The results she achieves on behalf of her clients’ desires for changing their lives in any area – physical health, emotional patterns, psychological patterns, spiritual openings & awakenings – speak for themselves. She hosts her ever insightful radio show, “Create Your Best Life Ever! What Else is Possible?” on World Talk Radio, the biggest online media company, on the 7th Wave Channel of [voiceamerica.com](http://voiceamerica.com). Alison’s show is much sought after, and is in the top-ten on the channel. Most recently, she is the author of “What If There’s Nothing Wrong?” published by Balboa Press, A Division of Hay House. Written at the tail end of her ten years living and working in Asia to understand why it seems now that we’re less equipped to create vibrantly healthy, happy lives in the West, Alison J. Kay, Phd, documents an eye-opening, sometimes humorous, sometimes raw contrast of modern, globalized, Western culture with Asian. She currently resides in Florida. Visit [www.AlisonJKay.com](http://www.AlisonJKay.com) for more information about her products and services that can make you thrive, feel alive, and upgrade your vibe!

### **SHORT VERSION USED FOR ARTICLE SUBMISSIONS:**

Alison J. Kay, PhD is a Holistic Life Coach, an India trained YA Yoga & Meditation teacher, an ACE Certified Personal Trainer, and an energy healer/shifter of 16 years nicknamed “the lightning bolt” due to the power of her energy healings and clearings with clients around the globe. Alison’s blend of credentials, use of multiple modalities, plus the wealth of experience she acquired during her 10 years living in Asia studying subtle energy practices, is what makes her work uniquely transformative. She is both a speaker and trainer at various workshops and global events. In addition, she hosts her ever insightful radio show, “Create Your Best Life Ever! What Else is Possible?” on the 7th Wave Channel at World Talk Radio. And most recently, she authored “What If There’s Nothing Wrong?” published by Balboa Press, A Division of Hay House. She currently resides in Florida and her website is [www.AlisonJKay.com](http://www.AlisonJKay.com). Visit for more information about her products and services that can make you thrive, feel alive, and upgrade your vibe!

### **LONG VERSION:**

It is frequently said that Alison has crammed a lot of living in her 40 years. She is an experienced natural healer using energy medicine with 20+ years in the human potential movement, Buddhist meditation community, and natural healing community, while also in the yoga, personal training, vegetarian, environmental conservation & political organizing, literary, and globe trekker/international teachers’ communities, using her Bachelors in English Literature/Creative Writing for her certified classroom teaching, her Masters in Public Administration/Environmental Policy, and her PhD as a Holistic Life Coach.

Throughout her life, Alison has been seeking ancient wisdom on the use of power through subtle energy practices. Part of this includes living and working at an international school in Asia for 10 years in order to thoroughly immerse herself in the Asian cultures' understandings.

On a daily basis Alison studied the practices that induce longevity, including various health practices like TCM (traditional Chinese medicine), Chinese, Thai, & Balinese herbalism, food as medicine, acupuncture, reflexology, chi gong, meditation, tai chi, yoga and Ayurveda (Indian traditional medicine) along with their holistic treatments (panchakarma) and their herbalism. She does not stop short of living a life that thrives, is joyfully exuberant and beyond "healthy" and "happy."

She has written four books as a result of what she learned. The first "What If There's Nothing Wrong?" was recently published by Balboa Press, A Division of Hay House in January 2013.

Her writing is geared for Americans' eyes (and Westerners in general), giving them her eyes and her experience so they can see for themselves there are other options out there so that we can see what else is possible to live a life in which we're thriving. Interesting note: Alison's departure from the states for this decade long, the third time she has lived outside the country, began 2 months prior to 9/11 watching it unfold from Asia within the international community of expats in Asia, on through 2 years into Obama's administration. This is a very, very interesting timing to have been "removed" from domestic living. And she uses it in her practice with her clients to their benefit.

Alison J. Kay, PhD Holistic Life Coach, has just recently returned to the States from living in Asia for the past ten years. She has been a meditation practitioner for 20 years, a meditation teacher for 11 years, is an India certified RYT-200 Ashtanga yoga teacher, an energy medicine practitioner for 15 years as a certified Usui Reiki Master, a certified Tibetan Adamantine Healing System Master, a certified Advanced Theta Healing Practitioner, an Access Consciousness BARS Facilitator, while also using elements of Chi Gong in the sessions. Also using Vibrational Medicine through Tibetan bowls and bells sound healing, and ailment specific, brain entrainment sound frequencies during the sessions as "music," and other vibrational medicine tools, Alison has designed these holistic modalities to all synergistically complement and compound the healing effects gained through her quite pristine, high-voltage energy medicine. Alison has also been an instructor of Chi Gong for the past 10 years. Finally, to round out the mind, body spirit trinity, Alison is a Certified ACE Personal Trainer.

She approaches her own strength training and nutrition from a holistic, mind-body and vegetarian approach – Alison has been an endurance athlete, weight trainer, pilates and yoga practitioner as a vegetarian now for 19 years; she is linked in with the raw food and vegan/vegetarian endurance athlete and longevity community within North America. This being also part of what she researched while working in Asia at an international school in Taiwan and traveling throughout Asia during her winter breaks, she learned from the ancient systems using subtle energy and nutrition for health and longevity. This rich experience has helped ground Alison's self-care practice and her healing practice in a whole new level of power.

Alison's way of being, and her blend of experience, skills, training and education combine to enable her to translate both the Hindu yogic and the Buddhist teachings on the nature of the human mind, and the nature of how this impacts our bodies and our lives while also using cutting edge science to support comprehension, into a clear delivery with a concise, grounded and humorous style for the Western, globalized mind that helps her students get out of their

own way.

Click here to view Alison's professional accreditations and affiliations: <http://alisonjkay.com/about-alison/accreditations-and-affiliations/>