



Dr. Alison J Kay

**Master Mind/Body Energy Healer, Author, India trained YA RYT-
200 Yoga & Meditation Teacher
Palm Harbor, FL – United States**

Dr. Alison J. Kay is an Award Winning, #1 International Best Selling Author and the Founder of the Vibrational UPgrade™ System. She is an experienced subtle energies practitioner and natural healer with a holistic approach towards helping others thrive in mind, body and spirit. She spent ten years in Asia studying subtle energies & ancient wisdom. This is combined with her twenty plus years working in & teaching Yoga, Meditation, Energy Medicine, Mind Body Fitness, Longevity and Holistic Health with a specialized focus on the Chakra system. She currently hosts a weekly call offering Group Clearings & Activations. She also runs an exclusive Magic, Money & Manifestation Program for advanced clients as well as a Vibrational Upgrade™ Mastermind Group. You don't need to believe in this in order for it to work... that's the beauty of what Dr. Alison accesses – as soon as you experience her work, you will feel the shift within you.

Dr. Alison is available for guest speaking & teaching engagements including radio, print, television podcast interviews, online summits and workshops.

CONTACT INFORMATION

info@alisonjkay.com

Tel. (727) 239-1724

USA Eastern Time

<http://alisonjkay.com>

<https://www.facebook.com/drAlisonJKayofVibrationalUPgrade>

<http://twitter.com/ajkbliss>

<https://www.linkedin.com/in/dralisonjkay>

OFFICIAL BIOGRAPHY

Dr. Alison J. Kay is an internationally recognized Award Winning Energy Healer who refused to settle for less than she wanted in her life. Unhappy with the return she was receiving from her efforts, Dr. Alison took a leap of faith, departed from the stable, predictably, less-than-full-thriving-and-happy life she had built for herself, and moved to Asia to teach English Literature and Psychology within the International School System.

While in Asia, Dr. Alison encountered Eastern philosophy and modalities of healing, and began her lifelong love affair with alternative medicines, healing methods, and practices such as meditation and yoga. After throwing herself into learning everything she could about Eastern practices, she came back to the United States and identified the deep need for alternative treatments and lifestyle approaches that solved the Western need for achievement and happiness. She combined her extensive knowledge, training, and experience of these modalities to create coaching programs, including the Vibrational UPgrade™ System. She has helped thousands of people tap into greater meaning, success and happiness in their lives using the methods she teaches, and has found success and happiness in her own life. Dr. Alison is highly educated in multiple alternative medicines, nutrition, and more. She is an Award Winning, #1 International Best Selling Author in addition to being a Master Mind-Body Energy Medicine practitioner for more than twenty years. Dr. Alison is considered one of the leading experts on using the chakra system as the road map for thriving in mind body and spirit, while applied in a unique way. She has a Doctor of Philosophy as a Holistic Life Coach (Ph.D.) and has been a meditation practitioner & teacher for over 20 years. She is also an India-trained, certified RYT-200 Ashtanga YogaTeacher and a Chi Gong instructor and energy medicine practitioner for 18 years, amongst many other accomplishments.

ACCREDITATIONS & CERTIFICATIONS

- B.A.; Bachelors of Arts in English Literature w/Creative Writing minor
- M.P.A.; Masters of Public Administration
- Doctor of Philosophy as a Holistic Life Coach, Ph.D
- Holistic Health Practitioner with the American Holistic Health Association, AHHA
- Usui Shiki Ryoho Reiki Master lineage to the founder, removed by six
- Level 5 Certification, Masters Level, for the Tibetan Energy Medicine Adamantine Healing System (AHS)
- Basic and Advanced Certified ThetaHealing™ Practitioner
- BARS practitioner with Access Consciousness™
- India trained Ashtanga Yoga Teacher
- Yoga Alliance Registered Yoga Teacher of 200 hours (RYT-200)
- Qigong Instructor
- Buddhist Meditation Practitioner for over 20 years 3
- Buddhist Meditation Teacher w/signature talk "The Nature of the Mind" for 22 years
- ACE Certified Personal Trainer w/certification in Fitness & Longevity Nutrition

NOTE WORTHY ASSOCIATIONS

As the host of a Top 5 radio show called "Create Your Best Life Ever!" on [Voice America's 7th Wave Network](#) Alison had the pleasure of personally interviewing the following luminaries: Bruce Lipton, Brent Phillips, Krishna Das, David Wolfe, Jacqueline Joy, Dr. Susan Shumsky, Dr. Amit Goswami, Dr. Bernie Siegel, Daniel Vitalis, Lynn Andrews, Colin Tipping, George Lamoureux, Frances Moore Lappe, Dr. Alan B Wallace, Jagadish, Kellianna, Jerry Greenfield, Patricia Kaminsky, Mark Borax, Dr. Moody, John Robbins, Dr. Jelusich, Dr. William Tiller, Dr. Dain Heer, Ricky Williams & Lisen Bengtsson, Simone Milasas, Katherine McIntosh, Shannon O'Hara, and Curry Glassell.

RECENT RADIO & ONLINE SUMMIT INTERVIEWS

Nov. 2018–***Ignite Your Inner Fire*** with host Amanda Gilks

Sept. 2018–***Finding Yourself Masterclass*** with host Clarissa Findlay

Aug. 2018–***Tenderfoot Yogi*** with host David Kay

June 2018 –***Mindful Mom Revolution*** with host Dena Farash

May 2018–***Mindset Mastery Summit*** with host Shelli Roberts

Mar 2018 – ***Awakened & Ready Summit*** with host Mike Picone

Feb 2018 – ***Calling In Your Soulmate*** with host Jaqueline Marie

Dec. 2017 – ***Wake Up – The Sound of Transformation*** with host Rev. Michael Beckwith

Nov. 2017 – ***Free to Be Me Online Retreat*** with host Sonia Bueno de la Torre

Nov. 2017 – ***Quantum Conversations*** with host Lauren Galey

Nov. 2017 – ***Sound of Transformation*** with host Rev. Michael Beckwith

Oct .2017 – ***Spiritual Rave Summit*** with hosts Bonnie Sax and Lydia

Sept 2017 – ***Beyond Pain Summit*** with host Audrey Schnell

Aug. 2017 – ***Greatest You Summit*** with host Christine Williams

[Click here](#) to see list and links for interviews prior to 2017

MARKETING TOOLS

Customizable free gift optin for list building/sharing:

- <http://alisonjkay.com/freegift/>
- <http://www.alisonjkay.com/vibrational-upgrade-call>

LINKS TO GRAPHICS RESOURCES

Headshot: <http://alisonjkay.com/wp-content/uploads/2014/02/dr-alison-j-kay-coach.png>

HiRes: http://alisonjkay.com/wp-content/uploads/2013/08/DSC_8169-001.jpg

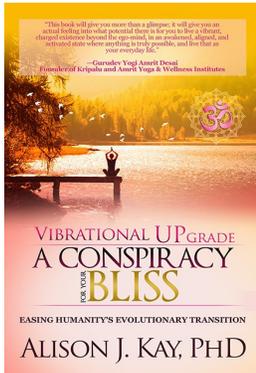
SAMPLE INTERVIEW QUESTIONS

1. What are some of the key points that living & studying in Asia for 10 years taught you?
What is your background with learning about the chakras?
2. How does your energy medicine that you developed, Vibrational UPgrade™ Energy Medicine, help someone with their own spiritual awakening?
3. How do we open up our systems to have a more finely attuned receptivity that pulls towards us more support, guidance, and power to create what it is we're desiring?
4. How do we allow ourselves to move forward into unknown newness even while our little ego-mind is programmed to prefer the familiar?
5. For listeners who have maybe heard about the chakras before, what is it that you find important to say to folks who have seen this buzz word out on social media?
6. Why is now such a magical time?
7. What does it mean to have a vibrational upgrade?
8. What are some of the symptoms of the mind, body and spirit's "system" wanting an upgrade?
9. What are some of the ways we can step into more Alignment with our soul, passion, purpose?
10. Why does it seem like we have more intuitive messages and abilities?
11. How do we increase our clear receiving of these messages know what to do w/ them?

LISTENER TAKEAWAYS & BULLET POINTS

- What we desire to create is NOT out of reach, instead it is completely within our power to learn how to, with increasing ease and comfort and adeptness choose FOR ourselves, our lives, our living, our communities, our planet and less choosing AGAINST all that we desire.
- Learn ways to open up our systems to have a more finely attuned receptivity that pulls towards us more support, guidance, and power to create what it is we're desiring.
- Know that you CAN get free of whatever struggle you're wanting to overcome now
- Find out how karma works and how to move beyond karmic struggles, whether financially, in relationships or health, or desiring to up-level your life.
- We can get to the unconsciousness around you feeling trapped or a victim who is unable to move beyond something.
- How to access the cutting edge of possibilities that is coming available now to engage practical magic (ie "miracles") within your daily life.

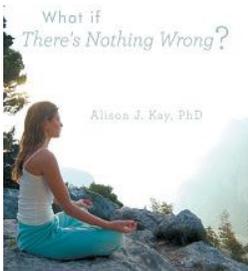
BOOKS AUTHORED & CONTRIBUTED TO:



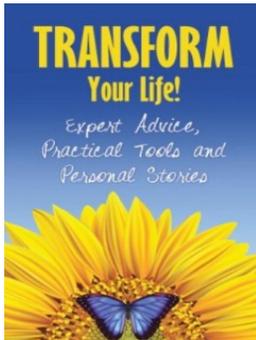
“Vibrational UPgrade – A Conspiracy for Your Bliss, Easing Humanity's Evolutionary Transition” – Published July 2016

Through study and application, Dr. Alison has learned how the chakra system reveals the keys to health and happiness. With Humanity's Spiritual Awakening upon us, the ancient system is more relevant now than ever before. As Dr. Alison shares stories from her clients' personal transformations, the metaphysical is grounded into the physical for your benefit.

“What if There's Nothing Wrong?”- Published April 2013



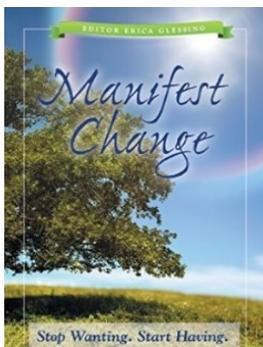
Published by Balboa Press, a division of Hay House. Written in the last year of her 10 yrs living & working in Asia after studying subtle energy practices they have in the East, this book explores what we can gain from their paradigm that our paradigm in the West lacks. It was also written to help understand why it seems now for those in the West, especially in the U.S., that we've been less equipped recently to create vibrantly healthy, happy lives.



“Transform Your Life!” - Published August 2014

Dr. Alison was honored to have contributed the final chapter of the book called, "Awake, Alive and Ready to Thrive" in Section VIII "Spiritual Awakening". She was specifically asked to write the final chapter which

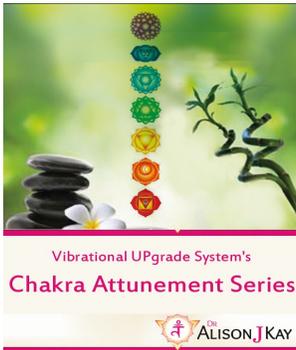
served to bring all the other information in the book all together.



“Manifest Change: Stop Wanting, Start Having”

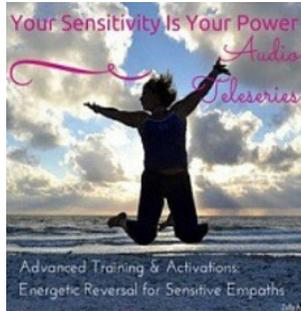
- **Published April 2014** by Happy Publishing with Erica Glessing

Dr. Alison contributed a chapter in this book called “Invisible – So It's not Powerful? No Way I Say!”



Vibrational UPgrade System's Chakra Attunement Audio Series

A one-of-a-kind recorded audio series that clears the hidden unconscious & subconscious programs blocking you at each of the 7 Chakra levels. Each individual chakra recording includes specific knowledge-based instruction plus corresponding Thetahealing™ clearings for any physical, mental, spiritual traumas that are related to that chakra.



Your Sensitivity Is Your Power – Advanced Training & Activations: Energetic Reversal for Sensitive Empaths

This is a four-call teleseries originally recorded in December 2015. Each 90-minute call in the series is broken up into 3 parts; Instructional Transmissions, Q&A, and then the Clearings and Activations. You are given empowerment as a “sensitive” or empath, out of this being a hindrance where you absorb too much of others’ energy, and instead on into being strengthened and activated

to finally step out in a joyous expression of your power. This is quite an advanced product that had participants commenting on how much they’d gained (freedom, relief, release & joy) from the Instructional parts, as much as the Clearings & Activations.

LISTENER & CLIENT TESTIMONIALS

“Dr. Alison J.Kay’s highly developed skills of energy work have already in a 4 week period of working with her, changed deep negative layers of myself into uplifted perspectives from which I have begun to implement more grounded and self trusting steps and decisions. She is a powerful mentor and creator that arrived in my life exactly in the right time. I cannot imagine not ever working with her now and in the future. Thank You Alison J.Kay xx” - Siobhan O’Malley / Ireland

“Dear and beautiful Alison, I want to express my gratitude for the amazing call tonight! I was on last month and I have experienced an amazing change on how I felt and react towards everything! I want to thank you from the bottom of m heart and I am sending you lots and lots of love! I do want you to know that I felt the release and have seen the results.” - Maria Elena, Miami, FL

“I don’t know what it is. I don’t understand it. And if you asked me years ago about this energy stuff I’d be one of the ones skeptical and disbelieving. But something is happening and I feel good and others are noticing too. And this I know. There is something going on here.” - C.C. (owner) White Orchid Yoga Studio/ Clearwater, FL

“The six months I’ve been in treatment have been great for my well being, I’m calmer and more peaceful; have a clearer understanding on how to create a better life for myself and I have you to thank.” - R.M. Interior Designer/ Miami & L.A.

"Dr. Alison Kay provides a unique and safe healing space and is able to channel some of the purest energy that I have ever felt from a Reiki practitioner. Within one week, I felt dramatic shifts and after two sessions, my life has gone from stagnant and stuck to stimulated, shimmering, moving and balanced. I feel like the doorway has finally opened for the strong, focused warrior within to emerge. Thank you Alison!" - Katherine R. – St. Pete, FL

"Alison is truly a gifted healer and I saw immediate results within less than 24 hours! Please please please inquire with her about her techniques, her intuitiveness, and her art – she is truly a blasted healer (able to blast the light, or chi, or life force energy) and I am blessed to have her in my life." - Colby P. – Dunedin, FL

*"I want you to know how much your upgrade tonight has helped me. I am planning retirement at the end of August and second guessing myself as to whether I can manage financially to do it. **Felt immediate clearing on this.** Thank you!" - Diana Wright*

HONORS & RECOGNITION



2015 & 2016- Listed among the Top 3 Pilates Instructors in the Tampa Bay Area on Thumbtack as well as their [Best of 2015 in the category of Energy Healers](#)

APRIL 2015 - Winner of the [Pinellas County Advisory Board's "Creating Pinellas" Award](#) for local business entrepreneurship.



April 2014 - *What If There's Nothing Wrong?* on [Spirited Woman's Top 12 Spring Book Pick List!](#)

May 2014 - Dreamvisions 7 Radio Network Announces "What If There's Nothing Wrong?" as [Book of the Month!](#)



DR. ALISON J. KAY

Master Mind/Body Energy Healer, Author, India trained YA RYT-200 Yoga & Meditation Teacher

CONTACT



(727) 239-1724



ajkbliss@gmail.com



www.alisonjkay.com

EXPERTISE

- Health and wellness
- Vitality and clarity
- Centered calmness
- Abundance
- Healthy emotional expression
- Balance
- Vibrant career path based on passion, alignment and fulfillment
- Healthy expressions of love
- Physical flexibility, ease and longevity

SOCIAL MEDIA



facebook.com/alisonjkphdholisticlifecoachenergyhealer



@ajkbliss

BIO

For more than 25 years, Dr. Alison J. Kay has practiced as a mind-body energy healer, founding the Vibrational UPgrade System, and working in yoga, meditation, chi gong, energy medicine, mind-body fitness, longevity and holistic health with a specialization in the chakra system. Considered one of the leading experts in her field, she has taught around the world and written two books: the award-winning "What If There's Nothing Wrong" and international best-seller "Vibrational UPgrade – A Conspiracy for Your Bliss; Easing Humanity's Evolutionary Transition."

QUALIFICATIONS

- Doctor of Philosophy as a Holistic Life Coach, Ph.D
- Holistic Health Practitioner with the American Holistic Health Association, AHHA
- Usui Shiki Ryoho Reiki Master lineage to the founder, removed by six
- Trained and certified in four other energy medicine modalities
- India trained Ashtanga Yoga Teacher; Yoga Alliance Registered Yoga Teacher of 200 hours (RYT-200)
- Qigong Instructor
- Buddhist Meditation Teacher w/signature talk "The Nature of the Mind" for 26 years
- ACE Certified Personal Trainer w/certification in Fitness & Longevity Nutrition

TOPICS

- Vibrational UPgrade: A Conspiracy For Your Bliss - Not Your Difficulty!
- The World is Changing but That's a Good Thing: Living During Humanity's Greatest Evolutionary Leap
- Breaking Free from the Chains: The Truth About Making Money in Today's World
- Finding Courage: Allowing Yourself Everything You Desire
- A Victim No More: Channeling Your Power to Live the Life You Want



[DOWNLOAD THIS SPEAKER ONE-SHEET HERE](#)

The signature talk to go with Vibrational Upgrade™ - A Conspiracy For Your Bliss: Easing Humanity's Evolutionary Transition

Vibrational UPgrade™: A Conspiracy for Your Bliss - Not Your difficulty!

During this presentation, Dr. Alison J. Kay will help contextualize for you all that appears to be in flux or even chaos on our planet right now. From her 22 years of teaching meditation and yoga teacher training in India, she will expertly take you beyond the doubting and fearful ego-mind that is still running a great portion of the collective, by describing quite succinctly the aspects of what is understood to be the greatest leap of humanity's evolution that humanity has ever gone through. This transmission is based on her international best selling book recently released in July, *Vibrational Upgrade - A Conspiracy For Your Bliss: Easing Humanity's Evolutionary Transition*.

You will also receive a *Vibrational UPgrade™* from Dr. Alison's own energy medicine that she has spent 20+ years developing, including living in Asia for ten years learning and studying subtle energy so she could master more the direction and flow of chi, or prana, or life force, and meditation and ancient holistic practices. All that Dr. Alison offers through her vast body of work combines together to uplift those who experience her talks where she offers transmissions in a Buddhist style to properly contextualize their lives' experiences. While delivering her information, she is charging your unconsciousness with these higher frequencies, awakening further for you your remembering and Knowing, and your ability to live in Alignment.

Additionally, you will gain insights, awarenesses, relief and supportive holistic tips & tools from both ancient secrets and cutting edge science, including Yogic and Chi Gong secrets, to begin to learn to work with your subtle energies at an entirely new level so your mind, body and spirit system is set up to take advantage of these high frequencies showering down upon our planet earth right now, in humanity's Spiritual Awakening. This includes turning something that seems to be a limitation into it becoming the ripe opportunity for expansion for you to learn how to choose alignment, and create beyond this previous level, allowing for your continuing expansion and growth into your full potential.

We are being asked to awaken, and this requires entirely different tools than what our current paradigm or reality seems to still be operating from, even as it crumbles. You are the leaders into this new era, and that is why you're attracted to this work and field.

The results most frequently reported are a feeling of lightness, peace & calm, ease in the body, realigned with their Higher Self, increased feeling of connectedness to Source, and a sense of hope and unlimited possibilities - and the courage to choose what will create from here, following one's heart and guidance.

Some of the topics covered, and blocks cleared, with the unconscious frequencies activated within you are:

- Why does it seem like so much is unsettled and even chaotic personally and in society?

- How can I not absorb others' struggles, nor get dragged into their own drama if that's where they are choosing to reside? How do I stay strong in my alignment to Source?
- How do I switch out of this dulled down living where I'm just getting by to actually loving what I'm creating my finances from, while it uplifts myself and others?
- What is this strange reaction my body is having?
- Why do I feel so spacey so much of the time?
- How do I know what my life's purpose is?
- How do I learn, or deepen, my ability to follow my intuitive guidance?
- How do I have the courage to follow this guidance and take the inspired action steps to create the life I feel like I am meant to be living?
- How can I best support my body during this time?
- Why does my mind seem to have such upset, even anxious thoughts so frequently?
- How do I trust that all of life is supporting me and working for me, not against me?
 - What is it that I can do to feel less limited in what is possible for me and my life?