

Dr. Alison J. Kay

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



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 has written three books: the award-winning “What if There’s Nothing Wrong?”, Vibrational UPgrade: A Conspiracy For Your Bliss: Easing Humanity’s Evolutionary Transition”, “Reasonable Dragons: How to Activate the Field of Possibilities Where Logical Magic Is the New Normal” and her latest masterpiece, “The Dragon Master Creatrix: Conversations with a Female Spiritual Teacher for these New Times”

TESTIMONIALS

“Before working with Dr. Alison my life was very mundane. Depression, anxiety, overweight, I had no energy and had just been recently diagnosed with lupus. I was giving up. Alison changed all that! She breaks through all the rubbish and clears out all the blocks keeping you from the life you desire and deserve. Today I’m living a fuller, more exciting life. My health has improved, I’m exercising, and I’ve just been offered an amazing job opportunity! For the first time in a long time I’m enjoying the little things in life. Thank- you Dr. Alison. Much love.”

- Linsey Burt, Ontario, CA

“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

“Dr. Alison, thank you for that tip for building my business. I tried it and it worked. My business has more than quadrupled, all with word of mouth without my having to spend a cent on marketing.”

- Helen Faith Drummond, Cambridgeshire, UK

#1 INTERNATIONAL BEST SELLING AUTHOR



EXPERTISE:

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

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

SAMPLE INTERVIEW QUESTIONS:

- 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?
- How does your energy medicine that you developed, Vibrational UPgrade™ Energy Medicine, help someone with their own spiritual awakening?
- 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?
- How does your Vibrational UPgrade™ Energy Medicine assist someone who is “looking to become more of their authentic self” as it is said in the industry now?
- How do we allow ourselves to move forward into unknown newness even while our little ego-mind is programmed to prefer the familiar?
- 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?

FEATURED AT:

