

Rebecca Rosen

REBECCA ROSEN SERVICES & OFFERINGS

Through one-on-one sessions, intimate group readings, large audience events, lectures, self-guided courses, her blog, and more, Rebecca Rosen not only provides the spiritual messages and guidance that clients are searching for, she also teaches her clients how to connect and receive the information for themselves.

REBECCA ROSEN OFFERINGS

Small Group Readings - Virtual or In-Person

Small Group Readings are a great way for a group of individuals to come together to hear wisdom and healing messages from beyond in an intimate experience like no other. No two groups are the same, as each group has formed for reasons that are only revealed once the reading is underway.

Virtual small group readings, held through Zoom, are available in 6 person groups for two-and-a-half-hour sessions and 8 person groups for two hour sessions. In-person small group readings in Denver never exceed 8 people for the two-hour session. In both virtual and in-person small groups, everyone is guaranteed their own messages, as well as the parallel and universal messages that are revealed in the session.

What clients can expect at a Small Group Reading:

- Each participant receives an individual reading.
- A recording of the session will be provided to all participants.
- Gain validation and information through parallel messages in others' readings.
- Share in the camaraderie of a small group dynamic.
- Spots in the Small Group Readings are available on a first-come, first-served basis where availability exists.

Large Audience Events

Large Audience Events provide an unparalleled opportunity to peek behind the curtain and experience the energy and momentum that only a group of this size can bring. The Large Audience Event is a perfect venue if it is someone's first time exploring a spiritual connection in this way. But even if they attend regularly,

they should be prepared to witness profoundly detailed validations of communication from the other side.

What clients can expect at a Large Audience Event:

- Held in venues across the U.S., providing a rewarding opportunity for people to share their experiences.
- Attendees can watch, listen and learn as Rebecca is guided by spirit to random audience members for readings. Gain insight and clarity into a world of possibility that opens when people decide they are open and ready to receive the answers they have been seeking.

Rebecca Rosen LIVE Online

Rebecca Rosen LIVE Online is a virtual large group event that combines audience Q&A with live readings. These events give audience members the chance to come together and experience the energy of these groups, all from the comfort of their own home.

What clients can expect from Rebecca Rosen LIVE Online:

- Held over Zoom, attendees can come together virtually with a large group of people to learn, receive messages from Spirit, and join a community of like-minded individuals
- Individuals can expect to walk away from this experience with more spiritual tools and resources, validations from Spirit, and the knowing that we are all connected to something greater than ourselves

Elevated One-on-Ones

Elevated One-on-One sessions are designed for anyone who is looking for an individual appointment with Rebecca. Not only can these include a mediumship reading, connecting you with departed loved ones, guides, and angels, but also psychic guidance to help with decision-making and navigating present situations, and mediumship mentorship for those who may be looking to advance their own gifts. One-on-ones are available in 30-minute and 60-minute sessions.

REBECCA ROSEN BOOKS

What's Your Heaven?, 2023

Available in Hardcover, Kindle (ebook), and Audio

In her newest book, Rebecca Rosen offers a powerful, positive answer to the eternal question: Why are we here? Her connection to the spiritual realm has taught her that every one of us was assigned a purpose at birth; our job in this “Earth school” is to fulfill this destiny. And yet, painful family histories, personal trauma, and unhealthy cycles distract and confuse us, preventing us from enjoying a heavenly life.

What's Your Heaven? teaches you how to connect to the deepest sources of wisdom within and around you – in order to live with more intention and honesty, identify your biggest lessons, and embrace the personal “homework” you’ll have to complete to become the person you were meant to be. Rebecca provides prompts, exercises, and thought-provoking questions to guide you to push through the roadblocks that impede your success.

So many of us avoid doing this work. In *What's Your Heaven?*, Rebecca shares moving stories of those who have passed on and share the same message again and again: Don't wait; address the tough stuff and begin living the life of your dreams.

What the Dead Have Taught Me About Living Well, 2017

Available in Hardcover

In this book, Rebecca Rosen opens up about her personal life and answers the questions that fans and readers ask most: how does her connection to the world beyond help her better understand and navigate her day-to-day life? For the first time, Rebecca shares the daily practices and tools that she uses to connect with support from beyond, showing readers how they can learn to recognize the signs and harness divine guidance for their everyday lives.

What the Dead Have Taught Me About Living Well follows Rebecca through an ordinary day in her life while she juggles the responsibilities of family, relationships, work, health, money, and everything else. She reveals how she tunes in to see, hear, and feel the presence of spirits to help support and guide her decisions and actions, and how she uses that insight to help her make better sense of, and find deeper meaning, in her world each day.

Throughout the book are examples for how the rest of us can use her tactics in our daily lives, including meditation tips, how to recognize and read signs from the other side, practicing forgiveness, and how to shift your energy from dark to light, to name a few. Alongside Rebecca, readers will begin to connect the dots and see the bigger picture as it comes into focus and understand that we're all supported with love from beyond. This new perspective will help readers better understand and navigate their day-to-day lives so that new opportunities and possibilities unfold in all aspects of life.

Awaken the Spirit Within, 2013

Available in Hardcover, Paperback & Kindle (ebook)

The moment you turn inward to look for spiritual guidance and connection is the moment you open yourself to living more fully and passionately. Rebecca Rosen

invites you to take this journey with her to uncover your life's purpose, explore your innate intuitive abilities, learn to connect with deceased loved ones and much more. Anyone can do it. All you need are the right tools and an open mind.

We all want to be happy and fulfilled. We want to understand the very point of our lives—why we're here and what we're meant to do. Yet, when we think about how to get from here to there and answer life's "Big" questions, many of us don't know where to begin. The advice from so many different people and sources can be overwhelming, but it doesn't have to be this way. In *Awaken the Spirit Within*, spiritual medium, Rebecca Rosen, offers us an inspired and invigorating program to give our lives clarity and deeper meaning. With Rebecca's down-to-earth and conversational style, this book will help readers learn how to:

- Create more peace and fulfillment in your personal relationships
- Gain confidence in your natural talents and abilities
- Find greater success in your career or uncover a new one
- Develop financial abundance and prosperity
- Conquer addictions and negative thinking
- Find freedom from weight struggles and poor body image
- Gain the clarity to make the "right" choices and decisions for your life

Spirited, 2010

Available in Hardcover, Paperback, Kindle (ebook) & Audio

Join internationally acclaimed best-selling author and spiritual medium Rebecca Rosen in her prescriptive program that challenges and empowers readers to heighten their intuition, connect with deceased loved ones, and surpass the psychological roadblocks holding them back. In *Spirited*, Rebecca recalls how she discovered her own psychic gifts and offers a unique and refreshing blend of self-help wisdom and spiritual insight to help us look back and move forward.

Readers will find direct, down-to-earth advice on how to draw on the power of their own intuitive gifts to connect with spirit energy—loved ones who have passed—to provide the clarity necessary to master real-life issues, including relationships, job fulfillment, finances and body image.

REBECCA ROSEN PODCAST

Small Medium at Large

Rebecca's podcast, *Small Medium at Large*, was started in 2020. It aims to normalize the paranormal, as Rebecca has done throughout her career, by showing people that it is possible to tap into that connection with a little help from our Team Spirit. Over the course of two seasons, Rebecca has shared conversations with inspiring people, answered your questions, and offered tools to strengthen your own connection with Spirit. The podcast is available at

rebeccarosen.com/podcast or on Apple Podcasts and Spotify.

REBECCA ROSEN SELF-GUIDED COURSES

Change It, Run It, Tap It

Change It, Run It, Tap It is a 30-day journey to help you bring Heaven to Earth. In the program, which contains videos and resources from Rebecca, as well as interactive prompts and daily exercises, you can expect to get more honest about your beliefs and feelings, and get to a place of objectivity and neutrality. As you move through the three-step process, you'll find that you can move up the scale of consciousness, shifting from down and out to up and in. Ultimately, this process is a way for you to integrate and embody your desired feelings and release, and release you from patterns and programming that may be keeping you from your full potential.

The first part of the process is to “Change It.” This involves flipping a false belief that you are holding, then changing it so that it is based in love and truth instead of fear, shame, and judgment.

The second part of the process is to “Run It.” In a practice of using colors and running them through your system, you align with the energetic frequency of those colors, such as truth, gratitude, compassion, and neutrality.

Finally, in the third part of the process, you'll “Tap It.” Using the “Emotional Freedom Technique,” you'll have an opportunity to practice the new beliefs you outlined in the first step to reinforce the positive programming.

As a companion to *Change It, Run It, Tap It*, you are invited to take a Life Assignment Quiz to discover what your top life lessons are. This quiz will inform which specific version of *Change It, Run It, Tap It* you do, so that you can target the beliefs and programming associated with those lessons, which has likely contributed to certain patterns in your life. The quiz is not a requirement of the course, but is instead meant to better prepare you for the course and offer a more customized experience.

Mediumship

Mediumship is a self-guided course made especially for those who are looking to advance their spiritual gifts. While we are all born with a sixth sense and have the ability to tap into our intuition, Rebecca compares it to a muscle—the more you develop it, the stronger it gets.

In the course, Rebecca shares what she's learned through her own journey with mediumship. The materials of this course are all designed to help you go within, learn more about your own spiritual connection and abilities, and establish the tools to develop and strengthen them. You can expect to learn what intuition and

mediumship are, signs that you may be a psychic medium, the clairs and different types of knowing, how to protect your energy, ways to share your gifts with others, and so much more.

Whether you are someone who is just getting started or you have already recognized how you connect with Spirit, this course can provide you with more resources, tools, and encouragement on your journey.

Team Spirit & Signs

Team Spirit & Signs is designed to help you learn who makes up your team of angels, guides, and departed loved ones, how you can call on them for guidance, and the signs you may receive to connect. Rebecca passes along what she has learned in her more than two decades of doing this work, both through working with her own spirits and working with clients. The information that she provides helps you bridge the connection with your Team Spirit, reminding you that you do not need anyone outside of yourself to make that connection and that no one is closer to your team than you are.

We all have a spiritual support team. They only want the best for us and their goal is to help guide us toward our highest and best good. In Rebecca's many years of working with them, their repeated and emphatic message is that we all have the ability to call on them and they want us to tap into the assistance that is available to us at all times. This course is designed to help you do just that so that you can experience more synchronicities, magic, and miracles.

Begin Within: Prayer & Meditation

Begin Within: Prayer and Meditation contains all of the information that Spirit has shared with Rebecca to help establish a regular prayer and meditation practice into daily life. This course offers the tools to make the connection to Divine and intuitive energy, something that everyone has the ability to tap into.

In this course, you can expect to learn the power of prayer and meditation and the benefits to making each a daily practice, different types of meditation, how to know which kind of meditation is right for you, the importance of grounding, how to create a sacred space, and more. The course contains more than four video lessons from Rebecca, five guided meditations, written copies of each meditation, an ebook and audio copy of the video lessons - great for on-the-go learning, and lifetime course access.

Prayer and meditation can help to quiet the mind so that you are better able to communicate, while also reducing tension and anxiety. These practices have the ability to increase your manifesting abilities and to live a more full and joyful life.

Mystical Mourning

Mystical Mourning is an eight-day self-guided grief relief program created by

Spiritual Medium Rebecca Rosen and Dr. Baruch HaLevi, designed to help people move through grief in a meaningful way.

Mystical Mourning is an eight-day, multimedia support system to help guide you through your grief in a proactive, purposeful, and powerful way at any point after the loss of a loved one. Grieving is neither a weakness nor a shame. It's a necessary and potentially transformative process for dealing with your loss and pain. Mourning is the pathway we walk through grief, and *Mystical Mourning* is the path Rebecca and Dr. Barch HaLevi have charted by drawing upon spiritual, emotional and mental best practices from religion, spiritual practice, therapeutic methods, and our experience in guiding individuals through the process.

Mystical Mourning intends to help you discover the meaning within the process of mourning. This guide won't tell you how you should properly mourn; for neither "should" nor "proper" have a place in mourning. Your pain after losing a loved one may be private and your mourning process as distinct as the relationship you've had with the deceased, but the process of mourning is universal. *Mystical Mourning* aims to equip you with tools—mental, emotional, psychological, and physical ones—that will help you move through your grief in your own time, on your own terms, and in your own way.

Non-denominational in its nature but drawing material from various religious, spiritual and secular mourning traditions around the world, *Mystical Mourning* helps you create new rituals around mourning and grief that are informed by tried-and-true ancient wisdom traditions and universal spiritual practices. Divided into short daily reflections with accompanying meditations and activities, the material in this guide will help you build structure and intention around your mourning and help you find meaning in the difficult but much-needed process of grieving.

REBECCA ROSEN AUDIO MEDITATIONS

Course Meditation Collections

These meditation collections combine select meditations from one or more of Rebecca's self-guided courses.

Change It, Run It, Tap It: Life Lesson Meditations

Available on rebeccarosen.com through Learnworlds

Meditations designed for each of the ten life lesson categories, aimed to help you access the guidance behind the assignments that you signed up for in this lifetime.

Team Spirit & Signs

Available on rebeccarosen.com through Dropbox

Guided meditations to help you access and work with members of your Team Spirit.

Begin Within: Prayer & Meditation

Available on rebeccarosen.com through Dropbox

Guided meditations to help you get present, drop into your heart, and ground and connect as part of a daily practice.

Meditation Bundle from Prayer & Meditation and Team Spirit & Signs

Available on rebeccarosen.com through Dropbox

Select meditations from both courses to help establish a meditation practice and work with your Team Spirit.

Surrender Series

The presence of God is soft and simple. It doesn't make a grand entrance. Rather, it shows up quietly and sweetly, as subtle feelings that ripple up from a divine radiance deep with you. We are all born with an innate ability to connect with this divine radiance, or God-spark, meaning that when looking for answers in life, there is no need to go outside of ourselves. We simply need to look inwards, towards our inner light and guidance. This is where truth and light reside.

Through this meditation series, Rebecca Rosen will help you to awaken that light within you, so that the life you imagine and desire becomes your reality. We will release resistance around wanted desires, whatever they may be, and create energetic space to manifest your life. You will soon be met with the abundance you desire.

Stand Firmly In Your Truth

Available on iTunes, Spotify, CD Baby and Rebecca's Divine Direction Shop

Approximate running time: 13 minutes

This meditation is designed to awaken your divinity by unblocking your spiritual and energetic body, so that God's light can circulate and flow freely through you. Through intentional breaths, visualizations, and affirmations, we will awaken your divine knowing, wisdom, understanding, strength, beauty and gratitude, faith and trust, surrender, truth, and radiance. With regular incorporation of this meditation in your practice, you will feel your energetic and spiritual body receiving and radiating a single bright, brilliant and powerful light—the light of God, residing in you, within and around you.

Manifest The Life You Desire

Available on iTunes, Spotify, CD Baby and Rebecca's Divine Direction Shop

Approximate running time: 15 minutes

This meditation is designed to help you set mental affirmations, and manifest your desires into reality. Repeat this meditation often and experience the subtle and significant shifts that occur over the following few days and weeks to come. In divine timing, you will manifest your deepest desires so long as you stay open and allow yourself to receive the Universe's unlimited blessings and divine guidance.

Enlighten Up

Available on iTunes, Spotify, CD Baby and Rebecca's Divine Direction Shop

Approximate running time: 43 minutes

This series of ten five-minute meditations was created to address each step of your awakening, and can be easily integrated into your on-the-go lifestyle. Set aside just five minutes a day to dedicate to quieting your mind and awakening to your divine, radiant self. Remember that in our simplest form, we're just energetic extensions of God—a chip off the old block. We're free-flowing love and light packaged in a bodysuit. When our flow of energy gets jammed, God's love and light can't move through us so well. This is what it means to feel off, blocked, shut down, distracted, drained, or depressed. For each step of your awakening, you will meditate on unblocking any damaged or stuck energy within your body, from your head down to your toes and back up again, so that God's powerful and magnificent light can circulate and flow freely through you.

Letting Go, Letting Grow Series

Rebecca Rosen's *Letting Go, Letting Grow* series was created to help us with the thoughts and visions we repeat in our minds every day that are like mantras. Over time they can result in what we manifest into our physical reality.

Letting Go, Letting Grow... for the Inner Child

Available on iTunes, Spotify, CD Baby and Amazon Music

Approximate Running Time: 54 minutes

This Inner Child meditation is designed to free our minds from fears, limitations and negative thinking and undo undesirable conditioning that has been put upon us by our family members, friends and/or world around us. We will be removing any fear-based blocks that stand in our way of being in touch with our authentic self, our inner child and our birthright of intuition.

We will then be planting seeds in our unconscious and subconscious minds through the use of positive affirmations to assist in:

- Finding greater self-love and self-esteem
- Awakening and growing our intuition and spiritual power
- A closer connection with our angels and spirit guides

- Knowing which Archangels to call upon for particular situations
- Experiencing positive and loving friendships
- Building confidence in sharing our talents and God-given gifts
- Remembering our divine life's purpose for being

Letting Go, Letting Grow... in Health and Well-being

Available on iTunes, Spotify, CD Baby and Amazon Music

Approximate Running Time: 49 minutes

This Health and Well-being meditation is designed to free our minds from fears, limitations and negative thinking with regard to health and well-being. We will be removing any fear-based blocks that stand in our way of experiencing perfect mental, emotional, physical health and spiritual well-being.

We will then be planting seeds in our unconscious and subconscious minds through the use of positive affirmations to assist in:

- Experiencing perfect health and wholeness in mind, body and spirit
- Healing our minds and bodies of “dis-ease”
- Gaining freedom from addictions and self-destructive behavior
- Having unlimited energy to co-create our lives
- Staying centered in peace and grounded in our power

Letting Go, Letting Grow... in Love and Relationships

Available on iTunes, Spotify, CD Baby and Rebecca's Divine Direction Shop

Approximate Running Time: 68 minutes

This Love and Relationships meditation is designed to free our minds from fears, limitations and negative thinking with regard to love and relationships. We will be removing any fear-based blocks that stand in our way of opening our hearts and experiencing love fully.

We will then be planting seeds in our unconscious and subconscious minds through the use of positive affirmations to assist in:

- Awakening and expanding the love within our hearts
- Finding greater self-love
- Attracting soul-mates into our lives
- Experiencing positive, loving and lasting relationships

Letting Go, Letting Grow... in Money and Abundance

Available on iTunes, Spotify, CD Baby and Amazon Music

Approximate Running Time: 40 minutes

This Money and Abundance meditation is designed to free our minds from fears, limitations and negative thinking with regard to money and abundance. We will be removing any fear-based blocks that stand in our way of experiencing

abundance in all of its forms.

We will then be planting seeds in our unconscious and subconscious minds through the use of positive affirmations to assist in:

- Experiencing abundance in all things desired
- Aligning our thoughts and vibration with the abundance of the world
- Creating an abundant consciousness
- Allowing into our experience the financial abundance we want and deserve

Letting Go, Letting Grow... in Spirituality and Life Purpose

Available on iTunes, Spotify, CD Baby and Amazon Music

Approximate Running Time: 75 minutes

This Spirituality and Life Purpose meditation is designed to free our minds from fears, limitations and negative thinking with regard to spirituality and life purpose. We will be removing any fear-based blocks that stand in our way of fully knowing our spiritual oneness with Source and re-remembering our divine life's purpose.

We will then be planting seeds in our unconscious and subconscious minds through the use of positive affirmations to assist in:

- Awakening and expanding our innate intuitive gifts
- Finding greater faith, trust and belief in Spirit and God/Source/Universe
- Experiencing deeper spiritual connection and fulfillment
- Uncovering, owning and sharing our God-given talents
- Fulfilling our life's purpose

Additional Meditations

Rebecca has additional meditations available focused on healing and sealing your energy and co-creating your destiny. You can find them available in digital format on iTunes, Spotify, CD Baby and Amazon Music.

REBECCA ROSEN ADDITIONAL RESOURCES

Jewelry Collection

In collaboration with Sugar Mama Jewels, Rebecca designed this jewelry collection to help you get spiritually dressed. These pieces, consisting of charms, necklaces, and bracelets help you set the intention for your day and express your authentic self.

Be the Light Merchandise

Rebecca Rosen has been inspired to create tools and offerings to share with all of you who might be experiencing what it means to really surrender to your soul's

path, and to the divine direction that is always available to you.

In her online store, you will find a number of items that allow you to carry the quote “Be the Light” - a personal mantra of Rebecca’s - around with you all day, serving as a constant reminder of your divine connection to spirit, and that you are an extension of love and light. In the shop you will find t-shirts, wall hangings, mugs, and pillows. Rebecca hopes these Be the Light products will serve as a touchstone to help keep an inspirational mantra close to you along your journey, and help you to radiate your inner love and light.

For more information about Rebecca, and all of her services and offerings, please visit www.rebeccarosen.com.

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