

A woman with long, dark, wavy hair is seen from the back, looking out at the ocean. She is wearing a white, sleeveless, lace dress. Her right hand is raised to her forehead, shielding her eyes from the sun. The ocean is in the foreground, with waves breaking onto the sandy beach. The sky is a mix of light blue and orange, indicating a sunset or sunrise. A small yellow sun is visible on the horizon line.

**3 Ways Conscious Creators Use
W.A.I.T
To Create Their Reality**

What They Never Tell You—Until Now

Christa Rose

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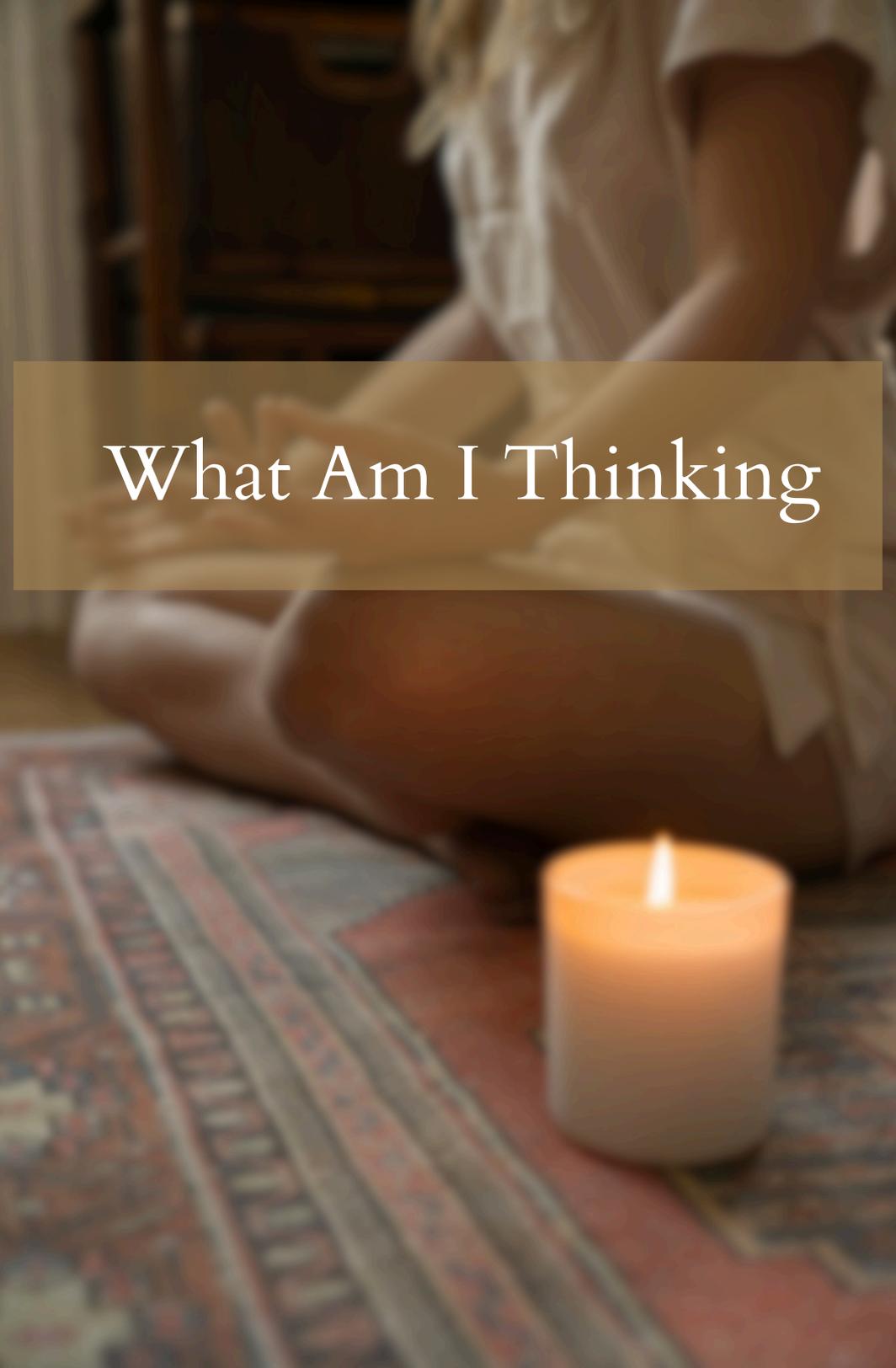
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A person with long blonde hair, wearing a white short-sleeved shirt and shorts, is sitting cross-legged on a patterned rug. They are in a meditative pose with their hands resting on their knees. In the foreground, a single lit candle sits on the rug, casting a warm glow. The background is softly blurred, showing a wooden chair. A semi-transparent brown banner is overlaid across the middle of the image, containing the text.

What Am I Thinking

WHAT AM I THINKING?

"The stories we tell ourselves about ourselves determine our reality." – Brené Brown

You have the power to shift your mindset, and you can change your life! From the moment you wake up to when you hit the pillow, you have the power to shape your reality. Your mind believes what you tell it, so fill it with hope and possibilities.

Guess what? The startling fact is, according to Dr. Joe Dispenza, people think 60,000-70,000 thoughts per day, and 90% of them are the same thoughts as the day before, and those thoughts lead to the same choices, so really nothing changes.

PRACTICE EVERY MORNING



You know those nights when you couldn't sleep, and others, you would wake up feeling pumped and ready to tackle the day, until yesterday's worries came flooding back. Suddenly, you start replaying conversations in your head, overthinking everything, and stressing about stuff that isn't even real. But it started off feeling good, right? That's when it's important to remind yourself, "it's all in my head, and I can choose to either stress over it or let it go and enjoy my day." I'm not saying it's easy, but the more you do it, the more the word "W.A.I.T" will pop into your mind. It helps bring you to the present moment, what is actually happening. You become able to pause, check your thoughts and choose how you want to respond rather than react. When you shift your thoughts, amazing things can happen.

WHAT AM I THINKING?

FEEL GOOD BRAIN CHEMICALS

“The happiness of your life depends upon the quality of your thoughts.”

— Marcus Aurelius

Take a sacred pause and notice what’s running through your mind. Are your thoughts helping you, or just keeping you stuck in old habits? When we slow down and really pay attention, our brain actually responds—dopamine and serotonin start to flow, lifting our mood, sharpening our focus, and making it easier to think clearly. The more we practice this kind of awareness, the more we can let go of unhelpful thoughts and make space for choices that actually support the life we want.



WHAT HIJACKS OUR THOUGHTS

Sometimes our minds get pulled off track without us realizing it. New hijackers to watch for:

- Rushing through your day – constant busyness keeps your mind scattered
- Comparing yourself to others – noticing “how they do it better”
- Negative self-talk – that inner critic that loves to replay doubts
- Clutter- steals focus
- Old habits or routines

WHAT AM I THINKING?

FEEL GOOD BRAIN CHEMICALS



NATURAL WAYS TO CLEAR AND BALANCE YOUR THOUGHTS

Our minds can get crowded with endless “what-ifs” and old patterns. The good news? You can naturally clear your head and lift your mood with simple, joyful habits that release dopamine and serotonin.

Try these ideas:

- Get sunlight – step outside, soak it in for a few minutes.
- Move your body – stretch, or go for a walk, anything.
- Play music you love – sing along to your guilty pleasure songs (my favorite)
- Write it out – journal a few thoughts to release mental clutter.
- Pause and breathe – take a few slow, mindful breaths to reset your brain.

WHAT AM I THINKING?



WHERE'S YOUR FOCUS?

“Where your attention goes, your energy flows.” — Tony Robbins

When you're constantly venting or complaining about your life or your past, you're basically practicing those problems on repeat. Even when it feels like you're just talking things out, your mind is staying locked into what went wrong. The more you talk about it, the more familiar it becomes, and before you know it, that's where you're living mentally.

But when you start talking about the things you actually love—good memories, moments that made you feel happy, proud, or connected—you're practicing that instead. You're reminding your body and your mind what it feels like to experience good things. And the more you do that, the more love, ease, and positive moments seem to show up. It's not magic—it's simply where your focus goes.

The honest truth is, most of us were taught to focus on problems. Families, society, even small talk revolves around what's wrong, what's stressful, and what needs fixing. That's the default. But once you know about W.A.I.T—What Am I Thinking; you have a way to interrupt that pattern. You can catch yourself in the middle of a thought spiral and choose something different.

You get to pause, flip the script, and point your thoughts toward the kind of life you actually want, one that feels lighter, more loving, and way more enjoyable to live in.

Your mindset is basically the lens you see everything through. Change the lens, and your whole experience starts to change too.

WHAT AM I THINKING?

What you think about and talk about on repeat is what you're practicing.

When you vent or complain, your mind stays focused on what went wrong. The more familiar those thoughts become, the more they start to feel like your reality.

But when you focus on moments you love times you felt happy, proud, calm, or connected you practice that instead. Your body and mind remember what good feels like. That's where more ease starts to show up.

WAIT—What Am I Thinking—is your pause. A way to interrupt the default focus on problems and gently choose a new direction.

Step 1: Notice

What thoughts have been playing on repeat lately?

 Write a few here:

Step 2: Shift

Now choose something different to focus on.

- A good memory
- Something you're grateful for
- A moment that made you feel proud or connected

 Write it here:

Step 3: Choose Again

Finish this sentence:

Right now, I choose to focus on:

Reminder

Your mindset is the lens you see life through. Change the lens—and your experience starts to change. You don't have to fix everything. Just notice what you're thinking... and choose again.



Why Am I Talking

WHY AM I TALKING

YOUR WORDS ARE POWERFUL



“What you say about others says more about you than it does about them.”

— Anonymous

Why Am I Talking? Your Words Are Powerful: You have the power to change your life and someone else's. What's the first thing people do when they see each other? Usually complain as if it's a competition about who has the shittier life or bond over the latest gossip. But here's the truth: the more you complain, the worse you feel, and the more you gossip, the less you will trust others, and then become more self-conscious. Ask yourself: Am I lifting someone up or tearing them down? Am I spreading kindness or negativity? Would I want these words said about me? You will never know what you say can affect someone else.

WHY AM I TALKING

WHAT'S YOUR REASON

“Most arguments aren’t about being heard—they’re about being right. But the moment you choose peace over winning, real connection has a chance to survive.”

— Christa Rose

Are you looking for a pat on the back, looking for validation or trying to sneak in your ideals to sound important? Maybe you feel like you have to be right when “discussing” or even arguing with someone. I mean half the time we silently start thinking of what we want to say next before even listening to the other person. This is where you can stop yourself and say

WAIT-Why Am I Talking? Maybe they have some valid points but the need to be right seems more important, it’s like you need to win! So many times, this can ruin relationships, so ask yourself do I want Peace or to be Right?



And when I was talking about myself, out loud or silently, my words were even worse. If I told you to write down everything you told yourself, what do you think it would say?

“I’m a terrible friend because I forgot their birthday.”

“Everyone is going to think I’m a slob for leaving dishes in my sink”

“I hate the way I look; I can’t stand my...insert anything.”

I discovered how bad I talked to myself.

WHY AM I TALKING

SELF TALK

“Talk to yourself like someone you love.”

— Brené Brown

I'm a firm believer that our inner dialogue should be like a best friend.; supportive: kind, and gentle. It's believed that 80% of the thoughts running through our head are negative, and the vast majority of those are repetitive, meaning we're thinking of the same crappy thoughts over and over again, which can encourage a pessimistic and depressing outlook on life. We tend to be so hard on ourselves. When we do catch ourselves talking negatively, try stopping, taking a breath, and imagine we're having a conversation with a best friend.

Some swaps I also find helpful are. . .

I'm Instead of

Sorry I'm Late

Leave Me Alone

I Hate The Way (insert anything)

I'm Lazy



Try

Thanks For Waiting

I Need Some Space

I'm Greatful for...

I Need To Rest

WHY AM I TALKING

WHAT'S YOUR SUPERPOWER



“The words you choose to tell your story can either trap you or set you free. When you add your ‘because,’ your reason, your why—you turn what was once a limitation into your superpower.”

— Christa Rose

Reframing my words became my superpower, I would fall into this loop of telling myself—or anyone who would listen—“I’m going to be stuck using this walker forever.” Then I remembered the power of WAIT: Why Am I Talking? Now this is going to be a tool you can use for the rest of your life. I found my power words, **used to**, **but now**, **because** and **yet**. I started shifting my words to, “I **used** to be stuck with this walker, **but now** I’m doing the exercises my physio told me, so I’m going to be able to walk with the cane **because** I want to dance with my husband on our anniversary.” I added my reason—or you can call it my “why”. And don’t forget the power of “**yet**.” I can’t do this yet! Figure out yours and once you do, it will become your magic that will transform your life.

WHY AM I TALKING

Your words have the power to change your life—and impact someone else's.

Most conversations default to complaining or gossiping. But the more you complain, the worse you feel. The more you gossip, the less trust and connection you create. **WAIT—Why Am I Talking?**—is the pause that helps you speak with intention instead of habit.

Step 1: Choose Peace or Control

Many conversations quietly turn into power struggles.

- Before continuing, ask?
- Am I trying to be understood—or trying to win?
- What matters more right now: peace or being right?

👉 In this moment, I choose:

Step 2: Become Aware of Your Inner Dialogue

The words you say to yourself shape how you show up in every conversation.

Pause and reflect:

- How do I usually speak to myself when no one else is listening?
- Are my inner words supportive or critical?

👉 Write a few recent thoughts you've said to yourself:

Step 3: Shift the Language

Words create emotion. Emotion drives behavior.

When you notice negative or limiting language, gently reframe it.

Examples:

- I'm late → Thank you for waiting
- I'm lazy → My body needs rest

👉 Choose one thought to reframe:

Old words:

New words:

Reminder

WAIT — Why Am I Talking?

Your words shape energy, relationships, and reality.



What Action's I'm Taking

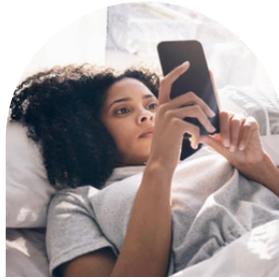
WHAT ACTIONS I'M TAKING

BECAUSE EVERY MOMENT IS A CHOICE

“The way to get started is to quit talking and begin doing.” — Walt Disney

W.A.I.T stands for is-What Action's I'm Taking

Have you ever noticed how often we're on autopilot? We rush through our day, reacting instead of choosing. That's why I use this acronym: W.A.I.T—What Action's I'm Taking.



WAIT What Action's I'm Taking. As I said before, we make hundreds of decisions a day, but how does that affect our actions?

- Do we press snooze and make excuses — then blame traffic when we show up late for the 5th time. Or maybe skipping that walk we said we would do every morning.
- Do we scroll endlessly on our phones instead of taking steps on that project or dream?
- Do we avoid that difficult conversation, even though we know it would bring us peace?
- Do we spend money on things we don't need, while constantly complaining on how broke we are?

All you're doing is hurting yourself.

WHAT ACTIONS I'M TAKING

W.A.I.T—What Action's I'm Taking. As I said before, we make hundreds of decisions a day, but how does that affect our actions?

When you life feels like it's off track try H.A.L.T. Stop and ask yourself...



AM I HUNGRY?

Take that sacred pause and ask yourself why a I am acting out instead of responding. Why eating when I already ate? When you ask yourself these questions, you can pause and think, did I eat? If your hungry then find something to eat. If you did eat, check if your trying to numb out a feeling, or bored, or what is your're root cause?

AM I ANGRY?

If you're feeling off, ask yourself: Am I angry?

Anger isn't always loud—it can show up as tension, irritability, or exhaustion. Notice it without judging.

Anger is information, often pointing to a crossed boundary or unmet need. Ask yourself: Is this something I can control? If so, take action. If not, look at why you're angry. Sometimes awareness is the key.



AM I LONLEY?

If you're feeling off, ask yourself: Am I lonely?

Loneliness isn't always obvious it can show up as distraction, overthinking, or feeling disconnected even around others. Notice it without judging. Loneliness is information, often pointing to a need for connection. Send a text, check in on someone who might be having a hard time, or make a small plan to connect. You might be surprised—they may be feeling lonely too



AM I TIRED?/AM I THIRSTY

Am I Tired?

Being tired doesn't always mean sleep. It can look like overwhelm or low motivation. Resting is being productive.

Slow down, take a break, or stop pushing.

Am I Thirsty?

Dehydration often shows up as low mood or brain fog before thirst. Have a glass of water—even buy a fancy cup and notice what shifts. It's a small thing that can change a lot.



WHAT ACTIONS I'M TAKING

YOUR CHOICES ARE BIGGER THAN YOU THINK

**“No act of kindness, no matter how small, is ever wasted.” —
Aesop**

Life isn't just about the big, obvious choices we make. Often, it's in the small, everyday moments where who we really are is revealed.

- When someone cuts you off in traffic, do you honk and get angry, or do you take a breath and let them go?
- When someone bumps into you, do you snap, or do you offer a smile?
- Do you toss something in the garbage instead of letting it fall to the ground?
- Do you choose to hold the door for a stranger?

Even the little things we say matter:

- Do you reach out to someone just to connect, to brighten their day, or is it because you want something in return?
- Do you consider that you may never know what's happening behind closed doors?
- Could the person you smiled at be carrying a heavy burden?
- Could the kindness you offered without expectation have changed everything?

Every small choice, every little word, every subtle action has a ripple effect. These everyday moments, the ones we sometimes overlook, are the ones that truly define us. They shape not only our lives but the lives of everyone we touch, often in ways we will never fully see.

WHAT ACTIONS I'M TAKING

INTENTION OR HABIT?

“Between stimulus and response, there is a space. In that space lies our power to choose our response.” — Viktor E. Frankl

Take a sacred pause. Before you act, slow down and notice what's really motivating you. Is this action coming from a clear intention, or is it just an automatic habit? This pause gives you the power to step out of autopilot and start making conscious choices.

Ask yourself:

- Does this action reflect the person I want to be?
- Am I reacting out of old patterns, stress, or frustration?
- How will I feel about this choice tomorrow, or next week?
- Is this helping me move toward the life I'm creating, or is it keeping me stuck?

Once you've reflected, choose your next step intentionally:

- Act with purpose: Move in a way that aligns with your goals, values, and vision.
- Pause if unsure: Sometimes the best choice is to wait, breathe, and gain clarity.
- Shift habits gradually: Replace automatic reactions with small, conscious steps that support the life you truly want.

The more you practice this sacred pause, the more your life shifts from autopilot to intentional living. Every small, mindful choice compounds over time, building the life you truly desire.



WHAT ACTIONS I'M TAKING

Take a Sacred Pause Before you act, slow down.

Notice what's really driving this action—intention or habit? This pause helps you step out of autopilot and choose on purpose.

Step 1: Be intentional slow down and ask

Will my next action be towards my goals or am I avoiding something?

👉 What action am I about to take?

Step 2: Reflect

Ask yourself:

Does this reflect who I want to be?

Am I reacting from stress or old patterns?

Will this move me forward—or keep me stuck?

👉 What do I notice?

Step 3: Choose Differently

Interrupt autopilot.

Small intentional actions change everything.

👉 What is one intentional different action I choose now:

Reminder

Every pause gives you power.

Small, mindful actions—repeated daily—create intentional living.



WAIT-WHAT AM I THINKING

WAIT — What Am I Thinking

This is the moment you slow down and actually notice what's going on in your head. Are your thoughts helpful, true, or just familiar? When you pause here, you stop letting old patterns decide for you and start making decisions that are intentional, instead of living on autopilot.

WHY AM I TALKING

WAIT — Why Am I Talking

Before the words come out, this question asks why. Are you trying to explain, prove, fix, or fill the silence? When you pause before speaking, your words land better, feel more honest, and create less cleanup later.

WHAT ACTIONS I'M TAKING

WAIT — What Actions I'm Taking

Actions are where it all shows up. Small choices, repeated daily, shape your habits and your life. When your actions match your values instead of your impulses, things start to shift in real ways.



BECOMING A CONSCIOUS CREATOR WAIT - CREATES MY REALITY

“Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your reality.” — Mahatma Gandhi

This is how I use WAIT to become a Conscious Creator and design my Reality

I create my reality on purpose. WAIT is a sacred pause—the space between impulse and intention—where I step out of autopilot and truly notice my choices. I ask myself: What Am I Thinking? Why Am I Talking? What Actions Am I Taking? These questions remind me that every thought, word, and action shapes the life I’m creating.

When I pause on purpose, I get to respond instead of react. I act with awareness instead of habit. I notice when my words lift someone up—or when they might unintentionally bring them down. I see when my thoughts move me forward—or keep me stuck. Every conscious choice I make is how I step fully into being a Conscious Creator in my own life.

Every pause is a tiny act of creation. Over time, those small, intentional moments stack up, building a life that reflects my values, my intentions, and the person I truly want to become. Using WAIT turns ordinary moments into powerful opportunities to shape my reality, moment by moment, choice by choice.

What’s my reality?

My reality is that I get to show up every day, even when it’s messy or hard, and make a difference in small ways. It’s about being a light for someone who feels lost, reminding them they matter, and helping them see that even in tough times, there’s hope. My reality is real and imperfect, full of ups and downs, but it’s also full of love, connection, and purpose. Every word I say, every story I share, every little thing I do adds up, and at the end of the day, my reality is to give hope and inspire others.



BECOMING A CONSCIOUS CREATOR

WAIT- CREATES MY REALITY

Now You Understand How to Become a Conscious Creator

Becoming a Conscious Creator isn't just about thinking positively it's about intentionally shaping every moment of life. By noticing thoughts, words, and actions, it's possible to step into a space where every choice is conscious and intentional.

The benefits are real and measurable:

Clarity: Neuroscience shows that mindfulness strengthens the prefrontal cortex, the part of the brain responsible for decision-making and focus, helping to see what truly matters.

Empowerment: Life no longer feels like it's happening to you—you are actively designing it.

Peace: Studies show that pausing before reacting reduces stress hormones like cortisol, creating calm and balance.

Connection: Words and actions can lift others, strengthening relationships and trust.

Momentum: Small, intentional choices create ripple effects that move toward meaningful goals.

Every conscious choice builds a life that reflects values, intentions, and the person you truly want to become. Being a Conscious Creator means using every moment as an opportunity to shape reality—and the freedom, confidence, and fulfillment that comes with it are backed by both experience and science.

Never realize life can be this good—until now.



WAIT - A SACRED PAUSE

That openness naturally led me into holistic healing. At its core, holistic healing looks at the whole person mind, body, emotions, and energy. We're not just physical beings walking around with random thoughts. Everything is connected. Science even backs this up: everything is energy. Our thoughts, emotions, and bodies all carry frequency, whether we're aware of it or not.

Energy work is simply working with that truth. It's about supporting balance in the body's energy system so it can do what it already knows how to do—heal, regulate, and restore. Reiki, for example, isn't about forcing anything. It's gentle, grounding, and supportive, allowing the body to relax enough to shift out of stress and into healing.

Here's the thing: I wasn't always into this. I was a skeptic—big time. Then I experienced Reiki while I was in the hospital, and something shifted. I felt it not in a “convince me” way, but in a deep, undeniable way. That experience cracked me open. Over time, I went from questioning it... to learning it... to becoming a Reiki Master.

The same thing happened with my intuition and then I discovered the Akashic Records. I'll be honest I thought it sounded a little too woo-woo at first. But once I actually learned what they are—a vast energetic record of experiences, patterns, and potential—I realized how practical and grounding the work can be. Becoming certified showed me that it's not about predicting the future; it's about understanding yourself, your patterns, and your choices with more compassion and clarity.



WAIT - A SACRED PAUSE

I also brought nutrition into my healing through mindful eating, because I learned firsthand that healing isn't just about energy—it's about how we care for our bodies and our minds. In my experience, the way I ate had a huge impact on my mood, focus, and how connected I felt to myself. Mindful eating wasn't about rules or restriction it was about slowing down, tuning in, and actually listening to what my body needed. When I started eating with awareness, it felt almost spiritual, helping me get off autopilot and out of stress eating, and into nourishment that supported more clarity, balance, and calm in both my body and my inner world. Because of what I experienced, I now guide others to connect with their own bodies and make food choices that support their mental and emotional well-being.

Another tool that made a real difference for me is the Frequency Alignment Key, which uses a device that sends gentle vibrations through the body. I found that working on a cellular level helped my nervous system calm down and reset, especially after years of being stuck in stress mode. When my body wasn't living in fight-or-flight, it finally felt like it could rest, repair, and regulate. In my experience, that showed up as better focus, deeper sleep, less tension, and feeling far less reactive overall. It never felt like something was fixing me more like my body was being reminded of balance. Because of what I experienced, I now help others use tools like this to find more ease, energy, and clarity in their own bodies.

All of this circles back to the Sacred Pause. Slowing down and listening changed everything for me, and now it's something I help others learn how to do too. Healing becomes less about fixing yourself and more about remembering who you are. You don't have to believe everything—you just have to be open enough to pause... and see what meets you there.



Your reality is shaped by more than just what you do—it's influenced by your thoughts, emotions, body, and energy. You are not separate pieces. You are a whole system, and everything within you is connected. When your energy is supported and balanced, your body and mind naturally move toward healing, regulation, and clarity.

Step 1: Notice Your Beliefs

We don't have to understand everything for it to affect us.

👉 What beliefs do I currently hold about healing, energy, or intuition?

Step 2: Reflect on Experience

Sometimes belief shifts through experience, not logic.

👉 Have I ever felt a shift in my body, emotions, or awareness that I couldn't fully explain?

Step 3: Open to Awareness

Practices like energy work and intuition aren't about forcing change—they're about creating space for understanding, balance, and choice.

👉 What patterns, emotions, or habits am I becoming more aware of lately?

Step 4: Ground It in Reality

Greater awareness leads to clearer choices.

👉 One way I can support my mind, body, or energy today is:

Reminder

The more aware you become, the more consciously you can shape how you live, heal, and choose.



BECOMING A CONSCIOUS CREATOR

WAIT- CREATES MY REALITY

Now You Know How to Become a Conscious Creator

Using **WAIT** to Create Your Reality

WAIT is your tool to step out of autopilot and consciously design your life. Pause, reflect, and choose each thought, word, and action.

Step 1: Pause and Reflect

Ask yourself:

- What Am I Thinking?
- Why Am I Talking?
- What Actions Am I Taking?



Step 2: Choose With Intention

Which thoughts, words, or actions support the life you truly want?

Write one intentional choice to take right now:



Step 3: Take Inspired Action

Choose one small action today that aligns with your conscious creation:



Every pause and choice is a brushstroke in the masterpiece of your life.

Using **WAIT** transforms ordinary moments into opportunities to create clarity, peace, connection, and momentum.

You are a **Conscious Creator**. Your reality is yours to design. Never realize life can be this good—until now

Testimonials

Intentional Living

I'm so happy that you listened to your intuition and joined Healing Millions, because "Welcome to Intentional Living was amazing.

I loved seeing that box of expectations, rules, and "I can't's" being bushed away into action.

I also really like thinking about the times that I did listen to my intuition and how easy things felt when I did that as well as how difficult they became when I didn't listen.

That's exactly how I was defaulted. I didn't listen because I thought I "should" help this person because I knew him so well and all that

Thank you for this session and the work sheet. I really like building this road map.

Dr. Beverly Wixton

USA

It is with great enthusiasm that I recommend Christa Rose, a best-selling author, speaker, and transformational guide whose wisdom and authenticity are nothing short of inspirational. I have had the distinct pleasure of working alongside Christa on various television programs, as well as attending summits and live speaking engagements where her presence, compassion, and brilliance truly shine. Her impact is profound, her message is timely, and her commitment to helping others live fully is unwavering.

The Legendary Coach Eve

Scotland

Testimonials

What I appreciate most is how she makes the often-challenging work of inner growth feel not only worthwhile but truly enjoyable. Her warm, intuitive guidance creates a safe space to explore even the deepest layers of my soul. Each session leaves me feeling more aligned, empowered, and eager to continue evolving.

I'm endlessly grateful for Christa's wisdom, compassion, and the joy she brings to this sacred journey of self-discovery. It's an experience I would wholeheartedly recommend to anyone ready to grow.

Marion Tesley

Canada

Christa has inspired me to start living intentionally instead of on autopilot. I absolutely love her WAIT acronym it's simple, powerful, and something I actually use in real life. Her message has been truly life-changing, and I'm so grateful for her impact.

Gordin Simms

Mexico

Join Healing Millions® community and work with myself and other's.

Use this link and I will see you inside!

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[ref=c8f12a2b40b946359fcbc08dfc8999f2](https://www.skool.com/healing-millions/about?ref=c8f12a2b40b946359fcbc08dfc8999f2)

www.christarose.com

ABOUT THE AUTHOR

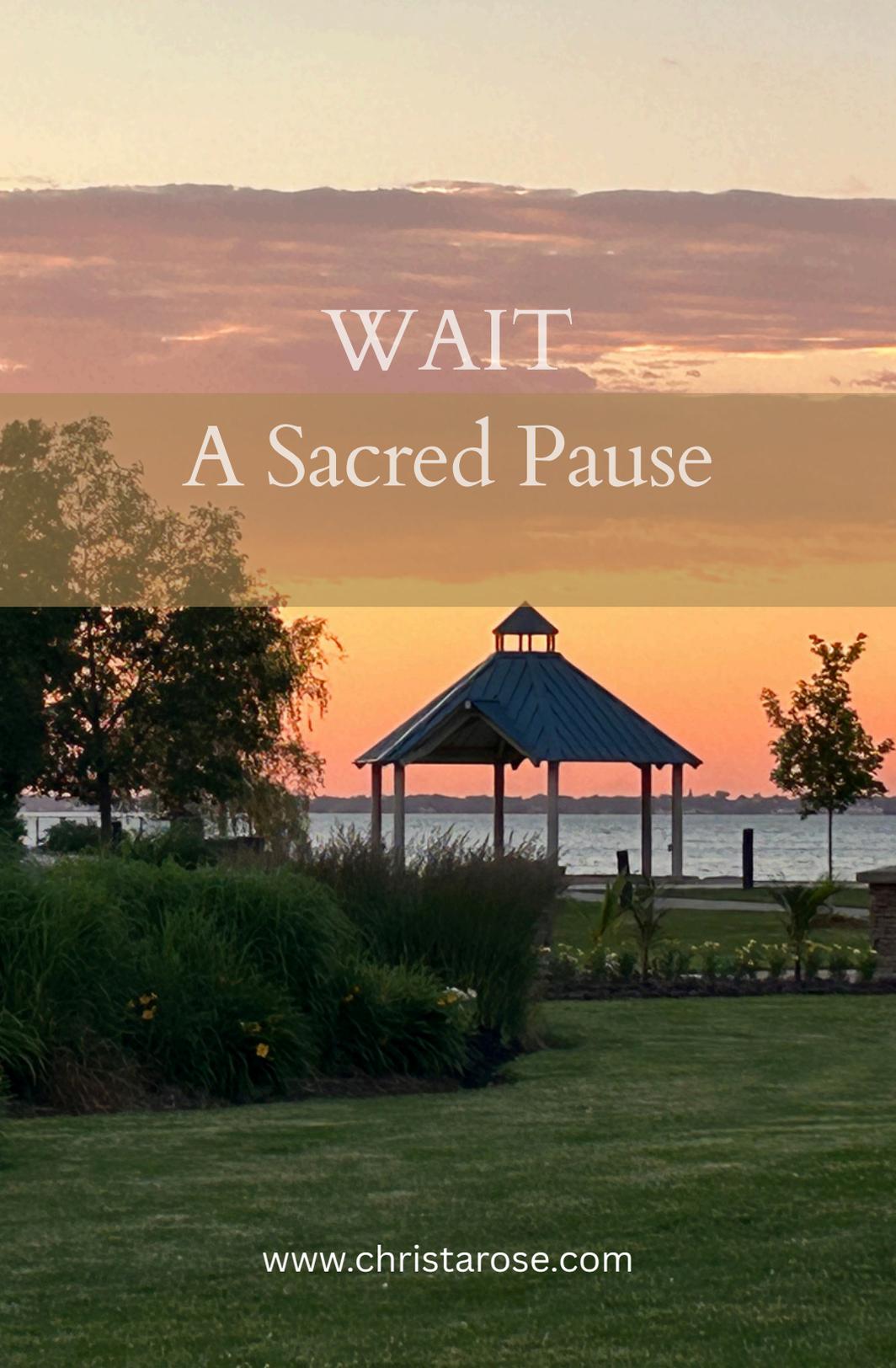


Christa grew up in Ontario, Canada, but life didn't exactly hand her a smooth ride. By her mid-20s, she had survived a head-on collision, faced addiction, and become a widow and single mom. Years later, a rare chronic illness would test her resilience even further.

Christa doesn't just survive, she transforms. As an Amazon #1 Bestselling Author of *Skip the Pain*, *Experience the Pleasure* and *Shattering Truths I Wish My Younger Self Knew*, International Speaker, Certified Coach, Holistic Nutritionist, and TV Co-host, and teaches sessions on Healing Millions reaching a global audience, she helps you find clarity, direction, and confidence when life feels overwhelming or confusing. She teaches practical tools and techniques to help you cut through the noise, reconnect with your purpose, and start shifting from living on autopilot to intentional living.

Her work as an Energy Worker, Rahanni and Reiki Master, combined with EFT, Access Bars, Akashic Records, Frequency Alignment Key Practitioner, and uses her gift of intuition, blends grounded insight with spiritual wisdom. Through her books, talks, and healing sessions, she helps you rewrite your story and reclaim your joy so you don't just like your life, you love it.



A scenic view of a gazebo on a lawn at sunset. The gazebo has a dark green metal roof and wooden posts. In the background, there is a large body of water and a range of mountains under a sky with soft, orange and pink clouds. The foreground is a well-maintained green lawn with some bushes and small trees.

WAIT
A Sacred Pause

www.christarose.com