

SHORT 3rd PERSON BIO

Cheri Arellano is a truth seeker, healer, empath, light warrior, Ascension advocate and a protector of Mother Earth. She is also a mother, wife, designer, photographer, and filmmaker. In 2012, she felt called to start a new journey, to help people awaken to their true paths. For the past six years, under her spiritual teachers she's studied meditation, energy fields, innate wisdom, essential oils, and energy healing modalities such as Reiki, The Emotion Code, Quantum Psionics and The Crystalline Healing Light. In 2017, she kicked off *The Ascension Sessions*, a series of interviews with spiritual leaders sharing their wisdom on the topic of ascension. Together with her partner and husband, they operate Conscious Creative, a full service creative agency, which they founded in 2001.

MEDIUM 3rd PERSON BIO (most recent, good for radio shows)

Cheri Arellano is a truth seeker, healer, light warrior, ascension advocate and a protector of Mother Earth. She is also a mother, wife, and graphic designer. After 15 years working as the Creative Director at Conscious Creative, a San Francisco based full-service, creative agency she founded, she felt a calling to serve as a healer and to help people awaken to their inner truths and best Selves. In 2017, she kicked off *The Ascension Sessions*, a series of interviews with spiritual leaders sharing their wisdom on the topic of ascension and consciousness, which can be seen on YouTube.

For the past six years, she's studied ascension, meditation, energy fields, innate wisdom, healing with crystals and essential oils, and energy healing modalities such as Reiki, The Emotion Code, Quantum Psionics®, and most recently The Crystalline Healing Light. She is a certified practitioner in both The Crystalline Healing Light and Quantum Psionics® and has been helping people clear old wounds, expired soul contracts, limiting beliefs and offers DNA reprogramming, frequency upgrades, and energetic house clearings. In 2018, she launched Divine Light Quantum Healing, where she offers energy healing services and her divinely-guided essential oil elixirs and crystal bracelets to assist her clients on their healing journey.

Visit her website: cheriarellano.com to learn more. Also on instagram @cheri.divinelight

LONG 1st PERSON BIO

It feels strange to write who I am in one paragraph, as I have played many roles over the years and I feel like I am a constantly evolving who I am in this lifetime. As I awaken to my Self, I am uncovering new paths as I listen to my intuition and continue to learn and grow. To share in simple words, I am a truth seeker, healer, empath, Ascension advocate and a protector of Mother Earth. I am also a mother, a wife, a designer, a photographer, and a filmmaker. I am a holder of Divine Light.

My first awakening journey began in the winter of 2001, when I felt called to travel to India, Nepal, and Egypt. My adventure began at the world's largest spiritual festival, the Maha Kumbh Mela, where I spent time with gurus, yogis, and sadhus. As a yogini myself and a photographer, I traversed the landscape of these places with an open heart. Later joined by my now husband Mark, we left Egypt feeling activated to use our skills for the greater good. Upon returning to the States, Conscious Creative was born. We focused on helping green businesses, non-profits and other socially conscious organizations by providing graphic design, web design, photography and video production. We used tree-free papers, soy-based inks and digital video and photography before it was the norm. In 2002, we were the first green-certified creative agency in San Francisco.

2012 marked the start of my second awakening. That year, I felt a new path starting to light up and felt called to do more to help people awaken to a new vision for our planet, to make a greater impact on humanity by helping people discover their new paths. For the past 5 years, under my spiritual teachers I've studied meditation, energy fields, innate wisdom, essential oils, and energy healing modalities such as Reiki, The Emotion Code and Quantum Psionics.

In 2017, I kicked off The Ascension Sessions, a series of video interviews with spiritual leaders sharing their wisdom on the topic of Ascension. My focus is to help people open their hearts and minds; to hold new visions of where we are headed as a people on a peaceful, loving planet full of heart-centered people

who are of one collective consciousness; one where we hold love and peace as a priority for the greater good of humanity, the animal kingdom, and all who call Mother Earth (Gaia) home. I am doing this work through use of media and hands-on energy healing practices with Quantum Psionics and essential oils. I am here to protect the Earth, to hold the Divine Light, and to help people awaken to their inner truths.

LONG 3rd PERSON BIO

Cheri Arellano is a truth seeker, healer, empath, Ascension advocate and a protector of Mother Earth. She is also a mother, a wife, a designer, a photographer, and a filmmaker.

Cheri's first awakening activation began in the winter of 2001, when she felt called to travel to India, Nepal, and Egypt. Her journey began at the world's largest spiritual festival, the Maha Kumbh Mela, where she spent time with gurus, yogis, and sadhus. As a yogini and a photographer, she traversed the landscape of these places with an open heart. Later joined by her now husband Mark, they left Egypt feeling activated to use her skills for the greater good. Upon returning to the States, Conscious Creative was born. They focused on helping green businesses, non-profits and other socially conscious organizations by providing graphic design, web design, photography and video production. We asked our clients to use tree-free papers, soy-based inks and digital film before it was the norm. In 2002, Conscious Creative was the first green-certified creative agency in San Francisco.

2012 marked the start of Cheri's second awakening. That year, she felt a new journey starting to light up and felt called to do more to help people awaken to a new vision for our planet, to make a greater impact on humanity by helping people discover their true calling. For the past 5 years, she's studied meditation, energy fields, innate wisdom, essential oils, and energy healing modalities such as Reiki, The Emotion Code and Quantum Psionics.

In 2017, Cheri kicked off The Ascension Sessions, a series of video interviews with spiritual leaders sharing their wisdom on the topic of Ascension. Her focus is to help people open their hearts and minds; to hold new visions of where we

are headed as a people on a peaceful, loving planet full of heart-centered people who are of one collective consciousness; one where we hold love and peace as a priority for the greater good of humanity, the animal kingdom, and all who call Mother Earth (Gaia) home. She is doing this work through use of media and hands-on energy healing practices with Quantum Psionics and essential oils. Cheri is here to protect the Earth, to hold the Divine Light, and to help people awaken to their inner truths.

Social Media Links:

Divine Light Quantum Healing

<https://instagram.com/cheri.divinelight>

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

https://twitter.com/Cheri_Arellano

<https://www.pinterest.com/cheriarellano/>

<https://my.doterra.com/cheriarellano>

The Ascension Sessions

<https://t.me/AscensionSessions>

<https://www.instagram.com/ascensionsessions/>

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

<https://twitter.com/AscensionSesh>

<https://www.youtube.com/TheAscensionSessions>

Contact Cheri for photos or logos: cheri@cheriarellano.com