

March 20, 2026

KRISTA ROSEN

ENERGY HEALER, INTUITIVE GUIDE



Happy Spring Equinox, everyone! It's time to come out of our caves and welcome the expansion from the seeds you planted and your reflections during the winter.

I felt called to check in with you all, say hello, and see how I can be of service.

Life Update



A little life update... My husband, Burt, is doing great—his cancer remains mostly stable. He loves his job, and it works well that it's mostly remote. Both of my kids are adulting in Southern California and doing well. We hope to visit them next month—I miss them!

I recently returned from a magical, long-awaited trip to England and Wales to visit sacred spiritual sites with my friend Rachael. It was deeply nourishing and amazing. I also really enjoyed London, which was a surprise to me.



The biggest news I have to share is that I've completed a passion project: a course just for parents.

The Intuitive Parent: A How-To Guide for Daily Life

In this course, you'll learn two structured methods to connect with your intuition and use it alongside your analytical mind for decisions both big and small. You can sample the first few modules for free—just [click here](#).

Please feel free to share this course with anyone who may benefit. This includes parents of adults and caregivers supporting their parents or dependents. I find myself every week asking my intuition for guidance as I support my 24- and 27-year-olds navigating life.

1-1 Sessions In-Person and on Zoom



If you feel called to have a spring tune-up or energy work for any reason, I'm available on Zoom during the week, as well as Saturdays and Sundays.

Feel free to email me for **In-Person** logistics, or book online through my website.

Have questions about energy work, manifesting, or intuition? I offer these 1:1 sessions as mentoring for spiritual topics.



Channeled Energy Healing Meditations

I've returned to posting free channeled energy healing meditations on my **YouTube channel**. It's a great way to receive healing and an energetic read for the week. These are free and available to anyone in need of a boost of healing. Feel free to share.



Reiki Training (Beginner Level 1&2) and Reiki Refresher and Upgrade Class

There's been a growing interest in Reiki training this spring. If you're curious, I'd love to send you more details. I enjoy teaching **in person here at my home, as well as online**. It can be especially fun to learn with friends in different locations—or simply enjoy the convenience of being at home.

Are you already a Reiki Practitioner? Spring is a great time to **upgrade and refresh** your Reiki connection. Message me to learn more about this workshop-style class. Send me an email at kristarosenllc@gmail.com or text me at 971-245-4302 for details.

