



Meet the Author

Aingeal Rose O'Grady

Aingeal (AnnGail) Rose O'Grady was born on November 11th, 1953 in Plattsburg, New York. Her given name was Gail Anne, which was changed to Aingeal in 2006. Her heart's desire when she was young was to marry and raise children. She has fulfilled that dream with her three beautiful children, Clayton, Brooke, and Janai, and her delightful granddaughter, Grace Rose.

Aingeal's spiritual journey began when she was just 19 after the tragic death of her first husband three months after their wedding. She dedicated herself to finding the answers to the deepest spiritual questions by journeying into the mysteries of the spirit world, while exploring consciousness and its expansive potential. She spent years meditating and being taught by Archangel Raphael, who took her on many journeys into other worlds and planes of existence. She went on to study the works of J. Krishnamurti, Sondra Ray, Science of Mind and *A Course in Miracles*.

During the past 40 years she has acquired certifications in numerous healing modalities such as Reiki (all levels to Master Teacher), Psychic Laser Therapy (a form of psychic surgery), Hypnotherapy (including past life regression), Rebirthing, Kathara Healing, the Christopher Method Sound Healing and Cellular Re-patterning. She had a thriving healing practice in Illinois for 12 years and taught her skills to many teachers and students alike.

Today Aingeal teaches The Authenticity Workshop, How To Read the Akashic Records, Transformational Writing, Tarot (Beginning, Intermediate and Advanced), as well as Healing with the Tarot. She also holds spiritually-focused Akashic Group sessions online from San Diego, California and Ireland. Aingeal has been a reader of the Akashic Records privately for over 20 years. She has been interviewed on radio shows worldwide including Coast-to-Coast AM with George Noory.

As a seasoned spiritual teacher, Aingeal delights in facilitating the awakening of consciousness in her clients and students. For her students to realize their personal freedom, find the God within themselves, and arrive at the point of loving and respecting all life everywhere is the goal of her teachings.

Aingeal is the author of *Tarot for Beginners*, numerous eBooks on spiritual topics and the on-going Honest-To-God Series, which includes *A Time of Change* (2012) and *The Nature of Reality* (publication date: April 26, 2013). The recordings of her Group Akashic sessions are available on her website: <http://worldofempowerment.com>.

Aingeal lives in the United States.

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