



STEVE FOGELMAN

THE STORY BEHIND LIFEPRINT REIKI

Email: lifeprintreiki@gmail.com

Website: www.lifeprintreiki.org

Social Media: [@lifeprint_reiki](https://www.instagram.com/lifeprint_reiki)

Steve Fogelman never imagined he'd ever be living life with such profound independent spirituality. But this was the path he discovered to find inner peace after a lifetime of traumas.

From an early age, Steve struggled with constant anxiety, benign neglect, and a persistent feeling of otherness. Luckily, he developed talents in architecture, music, acting, painting, writing, food, and clothing, as outlets for soulful expression.

As an adult, after 25 years in Los Angeles involved in various aspects of entertainment, he moved to New York City to pursue theater and playwriting. Believing the darkest parts of his life were behind him, the city, instead, offered him his most challenging life lesson.: Living with a toxic landlord, frustrated by a corrupt city system that offered no support. The experience pushed him into a clinical depression that stripped away any desire to participate in the pursuits he once loved.

While enduring all that emotional distress at age 55, he was also diagnosed as on the autism spectrum. While life finally made sense answering questions like why the anxiety, the overwhelm, the feeling of being out of sync, it was still a challenge to process it all. Then just months after moving out of the toxic housing, he was hit with the biggest loss ever. His his constant companion and emotional anchor of 13 years, Mossi,, had to be put down. The cumulative grief was overwhelming.

That period became the breaking point that turned into a breakthrough.

Steve committed himself to grieving and healing. What started with talk therapy to discover Steve 2.0, expanded into self-love meditations on YouTube, journaling profusely, and an exploration into various spiritual and energetic healing practices.

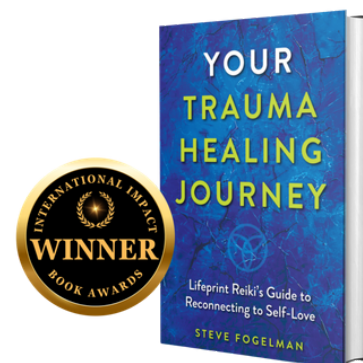
During the pandemic, Steve finally experienced the solitude and clarity needed to process the emotions of his healing journey. He also believed it a good idea to become a certified life and spiritual coach, quickly taking on clients around the world.

All this experimenting eventually distilled down to his epiphany and slogan: "You're not broken, only disconnected from self-love."

The moment his level 1 Reiki instructor mentioned he attuned autistic children to heal themselves, Steve knew achieving that feeling of self-empowerment from self-healing. was the spark of something bigger.

Lifeprint Reiki came about as not just a non-religious spiritual approach based on Steve's 11 Insights to Happiness, but also as an entire lifestyle to support continual healing and integration to connect to one's desired level of self-love.

And Steve's story is not just about watching a life in transformation, but mostly about the fact that if inner peace is possible for Steve, his process in his book makes nearly anyone able to achieve it too.



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formats on Amazon**