

AVIS

203-847-0644

avis@avisbaum.com



*AVIS IS AVAILABLE FOR
PRIVATE SESSIONS, CLASSES, AND
WORKSHOPS.*





avis

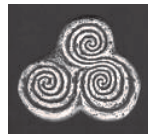
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BIOGRAPHY: Avis's

search has led her to intuition and meditation as tools for creating a life of love, light, balance, health, harmony, joy, abundance and gratitude. After graduating from Smith College and later going into finance, avis became Bank of Boston New York's youngest Vice President at the age of 27. Avis left banking at 30 to raise her children. She currently resides with her husband in Fairfield County and they have 6 children. Avis's life work



is to assist others in finding their own inner voice and in finding out who they truly are and why they are here. As an intuitive, avis has direct knowing and is capable of accessing all the tools needed to assist others on their path.



She has chosen to use teaching, do readings, do medical intuitive scans, and to access many other areas as needed. Her gifts were always there but were clarified when she had a near death experience in which she crossed over and came back. After that time, her path to help others, as she has also been helped, became clear. She has studied with many teachers but finds that wisdom is innate, and our process of self discovery of who we are uncovers this wisdom through the discovery of the divine within. Avis always says 'the time of teachers and masters is gone' the master is within and others may help us by holding our hand and hearts and guide us along the way on the path of self discovery but we need to do the 'work' ourselves.



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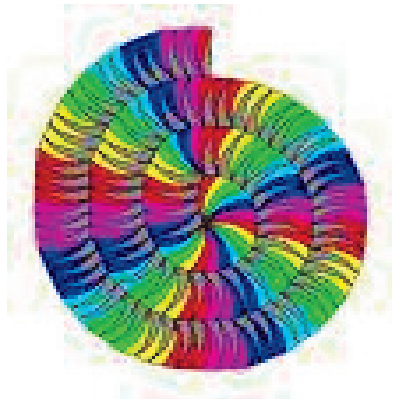
“Avis serves as a gentle guide through this ‘work’ or process of self transformation, where we discover our true essence, and therefore our connection to anything and everything, and especially to Source. Avis aids you until you can hear your own voice clearly and then you begin to co create a life of joy, a process she calls becoming ‘One’. Avis assists beings into ‘Awakening’, into remembrance of who they truly are. She is a tool for the realization that we are all connected and co-creating our world reminding us to be mindful, to live a life of joy, love, light and balance, to make the world a better place... to create Heaven on Earth right here, right now.



Even those of us who are already lightworkers and healers need assistance and support along our own paths of enlightenment and healing. Avis helps with that by providing a very high level of healing, clear information and insight, and empathy for the rough spots. It is a comfort and relief to have someone who understands and relates to the challenges, beauty, and mystery of the spiritual unfolding of life. I always feel cleansed, healed, and ready to continue with my work after a session with Avis in her wonderful nurturing energy. Thank you for this gift!" -B.R.Newtown CT

“Avis has helped me transcend. To see what I could not on my own, to feel the power and slowly spread my wings further out of the cocoon. Aside from being a gifted healer, she is simply the breath we all need to take, on a steady basis.”

G.K. Katonah NY





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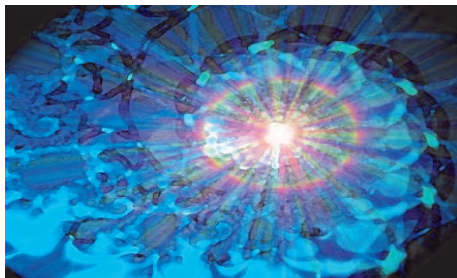
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CLASSES: MEDITATION AND INTUITION 'BECOMING ONE'



avis teaches weekly classes which assist you in accessing your inner voice. This work is done through breath, sound, intuition, meditation, movement and discussion. The class is intended to open, clear, heal, balance and center with the purpose of living life to its fullest and in the flow.

Each week there will be sound and breath exercises that aid in clearing and balancing our heart, body, mind and soul. We will have exercises on how to access your intuition and discuss what intuition is and what it feels and looks like. There will be a discussion period in a sacred circle, and although some of the queries or comments are made by one individual they almost always apply to the group and are often the most 'enlightening' part of the class. Class is where we learn to be in the present moment and where we can access everything we need in divine timing. This is then followed by playing with oracle card decks, which is always fun and inspiring! The lessons and tools learned here and in class are then applied to outside life. This class is a sanctuary, a sacred place for all in need of nurturing and guidance during their process of self and spiritual transformation. If there is time, a short movement portion with music follows that helps shift old patterns stuck in the body allowing for the flow to be restored. There will be a guided meditation, where we will relax, breathe, heal, renew and restore followed by visualizations that carry energy, information and messages followed by silent meditation. The goal of the class is to achieve clarity, stillness, peace, purpose, balance, health, harmony, love and gratitude. These qualities will filter into our lives outside the classroom to achieve a state of 'Being' or becoming 'One' as the teacher and master within is awakened and begins to co-create Heaven on Earth.





"Avis has a powerful and loving energy that has a profound effect on those around her. During class Avis is able to guide her students to an awareness of the abundance of beauty and joy available to all beings-miracles that can too often go unnoticed. Avis knows how to celebrate the wisdom and deep love that resides within each person, and creates a safe and open environment in which participants can explore their own intuition. The loving insight which Avis shares during class enables people to tune into their true nature and lends itself to personal growth. This class has a life-changing impact on how you view yourself and your world. You will leave filled with gratitude, joy, and the ability to tune in to the blessings which life offers." W.J. South Africa



"The guided meditations with Avis are magical -- allowing me to feel and experience spirit. The meditation/intuition class is what I look forward to most each week -- it brings me a sense of calm and peace yet I feel joyful and silly too. Her words of wisdom and the group discussions have had a significant impact on my day-to-day life." S.M. Pound Ridge NY





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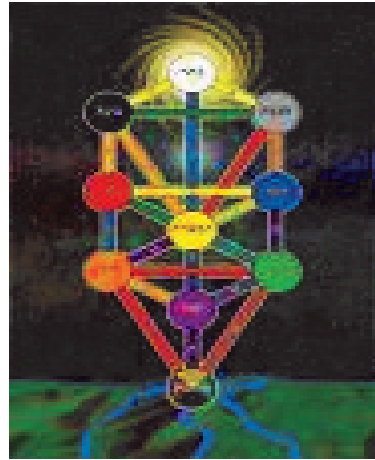
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SESSIONS:

the sessions are about 'who you are and why you are here'. It is an inward journey to see the patterns, the imbalances: physical, emotional, mental or spiritual, the negative chord attachments, illnesses, etc. and once seen, then aid in the restoration of health It is a path to speed up the process of inner growth in order to restore balance, harmony, love, light, clarity and to eventually become

'One' with everything - enlightenment- a process of your own 'divine awakening'.... avis will assist you in seeing what is within and will become the vessel for this information. In time it is her goal that you will be able to access everything you need directly .. is it is avis's hope that soon her work will become obsolete for everyone will be able to see, hear, feel their own inner guidance... avis aids people in discovering who they are and how they are connected to everyone and everything through their own inner divinity. Some negative chord attachments and patterns paralyze people and stop the 'flow', avis is able to clear those and bring them into consciousness, therefore balancing any mental and emotional pieces that sometimes lead to physical

illness. In sessions we can see past pieces and shed light on them. The work is about discovering your true essence and how to live a peaceful and mindful life. Avis will supply you with the simple tools to use in aiding you to restore balance, love, light and harmony in your life – to find your true voice- your essence- and speed up your inner work.



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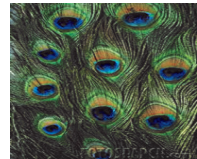


Avis directs a woman's circle inspiring their own intuition with gentle guidance and acceptance of all things and beings. The underlying premise is that all individuals are really united as "one". The class is supportive, fun, and inspires us to be in the moment living life to our fullest potential." M.S. Ridgefield CT

THE SANCTUARY: this is individual time with avis. Do you ever feel like you need a break? That you need to get off the world for a couple of days? To go to a place that is sacred, safe and where you will be nurtured and taken care of?



Are you in the middle of a crisis and could use some quiet time to renew, restore, heal and balance? The sanctuary offers a day or two to take yourself away from the world and rest, cocoon, quiet, heal, sleep, restore and renew... in times of crisis, we need time to reflect, regroup, and energize to find our voice, our clarity, and the tools we need to take into our lives in order to live our life with more clarity and truth... sometimes we are not in crisis just need a break and a time to heal and nourish ourselves – we have forgotten that ‘self matters’ that we must take care of ourselves first, before others, in order to become loving, vibrant and fulfilled beings who live life to its fullest ‘awake’ and with purpose. You will be pampered and taken care of and you will have time to maybe watch a movie, read a book or take a sauna... a massage may be arranged and you will have a private session with avis.



How can I describe Avis? She is a breath of fresh air. She can always be counted on! No matter what, she finds the time and energetic space to help those in need of her expertise. As a physician, I always know that Avis will treat my clients with sincerest compassion and the most knowledgeable advice. Thank you Avis. In health. Donna Peano D.C.

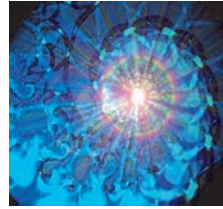
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CENTER OF LIFE:

This is work, or better said, play, for groups of people. Organize a few friends and come play! Is your teacher and master ready to co-create magical days and weekends? Are you ready to give and receive? Is your magical child ready to cook, play, dance and create? Use this space as a venue to have a day or two with magical beings to cook together, create sacred time and circle, mythic dinners, walks, take an art class at the Silvermine Art School, have lunch at the Silvermine Market or a stroll to the Silvermine Tavern for a drink or meal... have a session with avis... take a sauna, watch a movie, have a massage, take a bath.... make it a venue for what are we co-creating? What are we struggling with? Let your divine wisdom help others... share your pieces and help others with theirs.... dress up.... share what brings love, light, and joy into your life... make it our time of sacred community filled with love and giggles don't forget to not get too serious! Create Heaven on Earth here and now and spark that recognition of kindred souls creating a better world... one by one ...for we are all connected... what is your part? If you feel like playing organize a group and let's begin... the time is NOW ... Heaven on Earth is here!



Avis embodies a healing frequency that effortlessly anchors safety and love into the meditation spaces that she facilitates-accessing trust, clarity, truth, laughter, realization and celebration to come forward. Her deeply intuitive gifts, coupled with her greatly loving heart, make for a very powerful healing light that I would highly recommend to anyone who is ready for transformation. Avis has helped me see things I couldn't see before. She has not only helped me get to the bottom of things and to open up my heart towards myself, but has also helped empower me to be who I am! I am deeply grateful to Avis. A.Z. Montreal