

About Dr. Gayle:

My journey began as a people-pleasing, perfectionist "good girl," driven by determination and a relentless pursuit of success. As a single parent raising two sons, balancing full-time work, school, and student loans, I pushed myself harder than most could imagine. That drive led to awards, media coverage, TV appearances, and a Ph.D. But it also led to deep exhaustion.

As a university professor and chair of the psychology department, I spoke at large events and taught students around the world. Despite the accolades and accomplishments, I still felt unfulfilled. I had little time for joy, self-care, or simply catching my breath. I longed to express my soul's calling and to feel connected, supported, and truly alive.

The structured world of academia didn't provide space for this, and it prompted me to question my purpose and begin a profound journey of self-discovery. I realized that for too long, I had dimmed my light—putting others' happiness before my own, ignoring the truth my heart knew.

When I let go of logical thinking and surrendered to the mystery of life, my mantra became: "I release, and I let go." And that's when everything—career, home, relationships, even the family dog—was gone, *poof*. Yet, to my surprise, life became more beautiful than I could have ever imagined.

I embarked on a new path, becoming a Kundalini yoga teacher, traveling the world, and sharing numerology and meditation. For the first time, I felt free. By following my heart, releasing old stories, and trusting my intuition, I discovered the depth of my soul's gifts, life experiences, and spiritual lineage. This journey led me to a unique blend of psychology, numerology, and full-time travel.

The transition of my son Ryan (forever 46) was a profound turning point. Death is a game changer, and it altered my entire paradigm. As a licensed Ph.D. with over 30 years of experience, I had always helped others heal—but now, I found that helping others is also how I heal. Through this journey, I've discovered that many are quietly yearning for answers, and I am here to help guide them.

Today, I am living a life that lights up my soul. I know my purpose: I AM a creator, a connector, a communicator, a channel. And I can't wait to see how your life transforms as you begin to live your truth.

If you're ready to say:

- Yes, to ease and grace
- Yes, to synchronicity
- Yes, to awakening your intuitive gifts
- Yes, to true self-fulfillment

Then let's connect today!