



# Sheila Pryce Brooks

Award Winning Speaker, Sleep Paralysis Expert,  
Best Selling Author, Certified Spiritual Life Coach



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"I believe that each of us has spiritual gifts. Gifts that can serve us as individuals and humankind, to move beyond what we can see, hear, smell, feel and touch..."

## Bio

Sheila helps people who struggle with sleep paralysis to uncover the incredible gifts that it holds for them, so that they can sleep well, attain a high spiritual level and awaken to their best life!

As she undertakes ground breaking research, she speaks inspirationally. She is passionate about supporting each person's spiritual progression so that they can move healthily towards their highest self. She does this by uncovering and discussing a range of deeply spiritual topics.

## Spiritual gifts

After secretly living with chronic sleep paralysis, Sheila decided to break her silence about her struggle with the phenomenon and the impact that it had on her life. Having now overcome sleep paralysis, the experience brought about a deeply spiritual transformation, leaving her with psychic gifts. She has published her #1 best selling book where she shares the methods she used to overcome sleep paralysis and transform her life.

## Praise

Sheila's talk was outstanding. Not only was it informative, it has changed my life. I am truly grateful for what I have learnt through Sheila. My life has changed forever. **(Gareth Parks)**

## Talk Titles

### Sleep Paralysis Revealed

What is sleep paralysis? How does sleep paralysis happen? How do you know if you have experienced sleep paralysis? What is the history of sleep paralysis? All of this and more will be answered during this talk.

### Sleep Paralysis and Spirituality

Sleep paralysis has been around before formal records of history existed, but what is its connection to spirituality?

### Sleep Paralysis and Narcolepsy

Sleep paralysis and narcolepsy are both sleep phenomena that are discussed in and fully explained in this talk.

### Live Your Purpose

We all want to feel that our lives have a purpose. So how do you live your purpose?

### Spirituality & Graceful Living within an Elders Care Setting

We are all growing older. When some of us reach the stage of incapacity and it becomes necessary for the care that we need to be managed within a privately managed care home setting, we anticipate a spiritually balanced, graceful, healthy and happy experience. Designed for those working in the private care home setting or anyone with an interest, this talk addresses the physical-spiritual needs of clients and how best to meet them.

## Social Media Links



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