

## About Sherry

I wanted to offer a glimpse at how I evolved into the person I am today and how this led me to become a Transformational healer, Tantrika and Intimacy Coach. So 'I started out as a child' and the evolution continues!



I was born in January 1951 in Winchester Virginia and spent the next 18 years there surrounded by apple trees, corn fields and quiet country lanes. I was very well loved and well sheltered growing up in what I later learned was an atypical southern home, a home rooted in the Society of Friends (Quaker) faith tradition. Quakerism taught me a love of silence and simplicity, to be still and wait for God to speak to me. It taught me to value the still voice within. I'm deeply grateful for that teaching that continues to serve me today as I listen to that guidance for my own life and for the clients that I see.

My younger sister and I were both well-loved and given everything we needed to grow up healthy and happy. Laughter filled our house. Mom and Dad were happy playful people who openly loved us and their friends and families. Both of them maintained at least one childhood friend to the day they died. I learned to treasure and maintain friendships from them. They were also big huggers and kissers, openly sharing affection with us and their friends. They said "I love you" often to each other and to us. They also teased each other and would be playfully sexy with each other in front of my sister and me (appropriate for our ages). I learned that marital sex was fun and healthy but I had to wait for marriage! Of course, that caveat didn't stick.

Since a young teen I had a burning desire to know the "Truth". That quest for truth opened many explorations of faith traditions and philosophies over the years; studies that continue to enrich and deepen my life. Graduating from high school in June 1969 I embraced the rebellious and curious Aquarian era. The late 1960s and 1970s brought an expansion of thinking and experiences leading me well beyond my sheltered beginnings. In the fall of 1969, I went off to Guilford College, a quiet Quaker College in Greensboro, North Carolina where I got my first taste of freedom - which I wildly abused. I fell in love with a UVA man from my home town (my Junior Prom date) and skipped most of my classes to ride up to be with him at the University of Virginia.

We married in August 1971 and lived in Charlottesville where I waited tables, took a few college classes and we managed two apartment buildings full of students. In 1975 we moved to Richmond, VA so I could complete my undergraduate degree at Virginia Commonwealth University (VCU). I continued to wait more tables, work in a Free Clinic and separate from my husband in 1976. In line with our Aquarian Era politics, we had decided to have an open marriage (what folks now call 'Polyamory'). We didn't have the support or maturity to handle the complexity of that kind of relationship so it ended in divorce. After spending 10 years apart we rebuilt our friendship and I still count him as a dear friend today.

After finishing my BS in Psychology at VCU in 1979 I set out to become a house painter. Go figure. I moved up into Washington DC for a few months working as a painter until, in January 1980, I bought my first of 4 rehabs in Baltimore City. My renovator spirit got me a job as a construction specialist in 1983 at Neighborhood Housing Services (NHS), a non-profit housing organization committed to revitalizing decaying neighborhoods. Here's what I looked like in 1983 when I wasn't wearing a hard hat.



In the next 6 years I evolved through several jobs in the NHS network; working in Washington DC as a Neighborhood Organizer/Area Director, as an Interim Executive Director in Cincinnati, Ohio and back into Baltimore as a Neighborhood Director. In 1989 Neighborhood Reinvestment (now NeighborWorks Network) hired me as a Program Review Officer performing program audits for NHS offices up and down the East Coast until 1998.

In 1985 I met and seven years later married my second husband, a handsome African American Baltimore City Police Officer. Both our families struggled with our bi-racial marriage but over time accepted the new additions to their families. He and I both learned the joys and challenges of our differing cultures.

I learned patience and acceptance from this man who not only helped me but also helped my father accept the challenges of his own health and my Mom's Alzheimer's. Their decline and illness sparked the personal tragedy that pushed me to begin my healing journey, opening me to my life as a teacher, healer and coach. I was swept into despair and depression in 1993 when both my parents died. My Mom died in March, age 73, and my Dad in early October, he was only 68. They died young and both suffered at the end of their lives. It was such a contrast to

the joy of their younger years. Always believing we got better as we aged, their illness and deaths proved how wrong I could be.

Searching for help and support I worked with a gifted therapist in town and after many ups and downs, on her advice, I left my job at Neighborhood Reinvestment in 1998 to go on disability for depression. It was my chance to fully heal. Having always been open to alternative methods, I soon found a wonderful North Carolina psychic, Sherrie Dillard, to work with. Sherrie is a gifted Transpersonal therapist, psychic, medium and minister. Her loving guidance connected me to my parents on the other side and helped me reconnect with my own spirit. She recommended I get my first Reiki treatment and later encouraged me to get attuned to Reiki. Check her out at [sherriedillard.com](http://sherriedillard.com).

All was beginning to come back together as I got my Real Estate license and began selling houses in 2000. I was attuned in October 2001 as a Reiki Master Teacher in the Usui Reiki Ryoho tradition and began offering a few classes and sessions in my home.



Real Estate Photo

In 2003, at our favorite restaurant, my husband informed me he was leaving. Shock and grief set in. I fell into the loving support of friends and the healing community I had built around me. I gave myself a Rebirthing Ceremony gathering dear ones together to celebrate this new chapter in my life.

I continued to deepen my spiritual studies and made good use of my healing resources including a well-known and gifted Reiki Master, Tom Rigler. I dove into many wonderful books on Buddhism and spiritual awakening. Pema Chodren was a life saver with Start Where You Are and Comfortable With Uncertainty.

In 2004 I met Kristine Rasmussen, a gifted Reiki Master, Siddha Yoga student and artist. I partnered with Kristine sharing her office at Ruscombe Mansion, a respected healing center in Baltimore, providing and teaching Reiki with her until her death from breast cancer in 2007. I learned so much from Kristine and I'm deeply grateful for the richness of Siddha Yoga and the wealth of loving friends she brought into my life! Kristine now works in spirit with me as a guide bringing her love and healing into my sessions.



Around 2004 I walked into a discount book store and bought a book for a dollar called How About Now by Arjuna Ardagh. Best dollar I ever spent! Arjuna introduced me to Papaji and Ramana Maharshi. Through that simple lovely book Arjuna brought me my first taste of awakening. I took several classes with him at the Omega Institute continuing to deepen my presence in the now. I'm so grateful for Arjuna's loving teachings. Through the powerful lineage of Papaji and Ramana Maharshi he makes awakening accessible. Thank you Arjuna!

2004 was a big year for me. I received my Gendai Master Teacher certification, Sekhem Seichim Reiki Master Teacher certification and All Love Facilitator certification in 2004 from Tom Rigler. He brought many wonderful teachings and resources into my life, including my next teacher, the originator of All Love. I'm deeply grateful for gifts I received working with this heart centered man.

In 2004 I began working with Patrick Zeigler, founder of All Love or now (2024) Sekhem All Love. I dove into his heart opening All Love work. I attended many of his weekend and 4-day workshops, hosting several in the Baltimore area. While studying with Patrick I continued to seek out other opportunities for growth and healing. A dear friend told me about PSYCH-K(TM), a system that reprograms the subconscious to get hidden blocks out of your way. That sounded perfect for me! In 2006 I was certified as a PSYCH-K(TM) Facilitator and Advanced PSYCH-K(TM) Facilitator by Saryu Dalal, another gifted teacher and healer.



Patrick Zeigler with me in Puerto Rico 2007

In January 2008 I attended Patrick's life altering 10 Day All Love/Tantra Retreat in New Zealand hosted by both Patrick and his Tantric Goddess wife, Natalie Zeigler. The effects of that

work radically changed my life and I'm deeply grateful for the opportunity to work with such gifted healers. My memoir, Stripped Naked & Other Songs of Love published on Amazon (see below) shares the detailed journey there and beyond. Patrick certified me as an All Love Teacher after my retreat in 2008.

After returning to the US from New Zealand by way of Hawaii (had to do it!), I continued my Tantra training through private sessions, individual study and classes with several gifted teachers. Osho's books became constant companions in my ongoing spiritual and Tantric education. I took a Tantra Workshop in 2008 and met my first beautiful young lover there. We spent a wonderful year in a long-distance relationship between Baltimore and New York City. He posed with me in my first nude photo shoot by Susan Singer.

Susan created beautiful paintings from that photo shoot, along with one award winning painting of the two of us called 'Connected'. Through the work in New Zealand and my Tantra beginnings I began to love the body I inhabited and see myself as beautiful in this form. Body Beloved was born.



Painting by Susan Singer

2008 also brought Matrix Energetics and Richard Bartlett into my life. He taught that we are not solid and we can transform our lives in an instant. Many delightful seminars and training sessions later I became a certified Matrix Energetics Practitioner in 2009. I am deeply grateful to Richard Bartlett for his funny and brilliant teachings as well as the wonderful community that gathered in his classes! To this day whenever I work with his 'energy technology' I start to laugh. What a gift!

2009 was another big year for me as I left my Real Estate job and became a full time Transformational Energy Worker and Tantrika. I remember sitting in a busy open house thinking, "What is a Tantric Goddess doing pretending to be a Real Estate Agent?" See The Big Ride in my memoir to learn much more about my evolution between 2009 to 2014.

I want to mention one more important teacher here. Beginning in 2014 Matt Kahn gifted me with many great teachings through his on-line presence, a couple individual sessions and his Fall 2014 Oregon Retreat. His Love Revolution and the teaching that we all need more love not

less powerfully opened my heart. I have loved following him on Facebook and YouTube. I highly recommend his funny and deep teachings!

So, there is a long-winded overview of what my journey looked like becoming a Transformational Healer, Tantrika and Coach. We're all works in progress evolving and growing each day. I'm curious what bend in the road will appear next. Many gifted souls; students, clients and teachers; continue to guide and enrich my life. I love learning from the Beloved Others I meet along the way. I look forward to the jewels ahead. May you be blessed on your journey and if our paths cross, let's celebrate!

I love you!

Learn much more here:

