

Your Facilitator: Pananda

Pananda DonnaRae is a deeply experienced spiritual teacher, healer, and medium with more than 40 years of guiding others on their personal and spiritual journeys. Her facilitation style blends empathy, clarity, and grounded wisdom, creating a safe and supportive learning environment for all participants.

Drawing from a wide spectrum of practices — including Reiki-Seichem Mastery, spiritual healing, deep trance channeling, and mediumship — Pananda brings both practical tools and profound spiritual insight to her teaching. She has trained extensively with respected teachers, including the Victorian Spiritualist Union, and incorporates her own lived experience of healing and transformation.

As a facilitator, Pananda is known for her ability to:

- Hold a calm and nurturing space where participants feel heard and valued.
- Make complex spiritual and meditative concepts accessible and relevant.
- Guide transformative experiences with integrity and compassion.
- Encourage self-discovery and personal empowerment in a non-judgmental way.

Her sessions are both structured and intuitively responsive to the group's needs, allowing participants to feel supported while exploring meditation, self-awareness, and spiritual connection.