

# SHEILA SEPPI | author, podcast host, and guest



Sheila Seppi is a soul exchange walk-in. She entered the body of a 38-year-old mother with three children and was instantaneously healed from documented illnesses and took on a new personality with spiritual abilities and memories she didn't even believe in. Her life was immediately transformed, and she has never been the same.

Sheila is a celebrated author, international speaker, healer, teacher, multidimensional life coach, regression therapist, and shamanic practitioner that blends various spiritual modalities to help people explore the realms of self-discovery and transformation.

She is the Founder of the [Conscious Awakening Network](#), [The Galactic Alliance](#), [SpiritWay Ministries](#), and podcast host for [Conscious Awakening Series with Sheila Seppi](#), and [Cosmic Conversations](#). She obtained her bachelor's degree in Metaphysics and master's degree in Metaphysical Sciences from the University of Metaphysical Sciences in California.

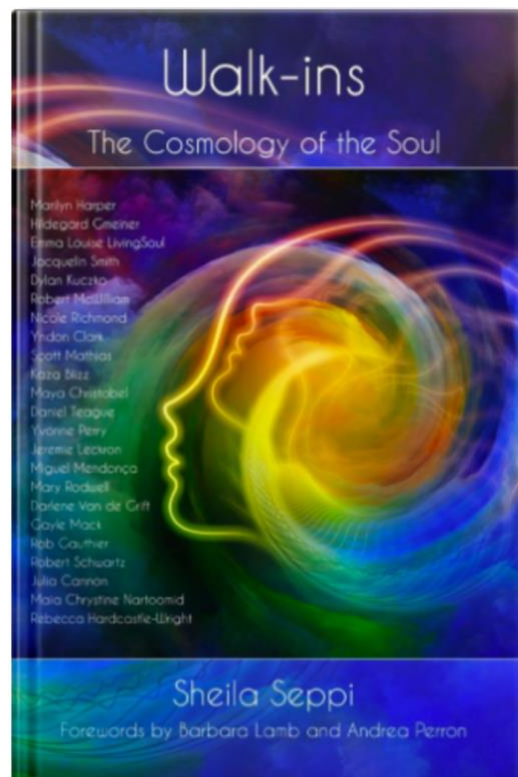
Sheila's mission is to help prepare humanity for the ascension and new earth. [SheilaSeppi.Com](#).

## KEY TALKING POINTS:

1. What are walk-ins?
2. What are the different types of walk-ins?
3. How does a walk-in happen?
4. What causes the walk-in to occur?
5. Can someone ask to become a walk-in?
6. How did you become a walk-in?
7. What do you remember about the event?
8. Do you bring memories from the other side?

**BOOK:** Walk-Ins are souls that agree to exchange places with another soul. Other books have been written about walk-ins, but *Walk-Ins: The Cosmology of the Soul* is the first book to provide details about the processes of a soul entering a body, the various types of walk-ins such as soul infusions, soul braids, soul overlays, jumpers, and soul layering; preparation of the energetic bodies prior to a walk-in entering, the different types of soul experiences soul origins and the nature of the soul.

*Walk-ins: The Cosmology of the Soul* was published in 2020, by Sheila Seppi, with the assistance of 15 other walk-ins and 8 people who provide their perspectives about walk-ins and the nature of souls. Many of those interviewed, remember their walk-in origins and hail from several star systems, star beings and dimensions such as Pleiadian, Sirian, Arcturian, Mantis, Lyran, Vega, Andromedan, other unidentified systems, the 7th-dimension, and the 13th-dimension. Most would think of these beings as extraterrestrial.



TO BOOK AN INTERVIEW: [Sheila@SheilaSeppi.Com](mailto:Sheila@SheilaSeppi.Com)