



## Dr Lesley Phillips

Author, Speaker,  
Meditation Teacher  
778 235 3039

[drlesleyphillips@gmail.com](mailto:drlesleyphillips@gmail.com)

[www.drlesleyphillips.com](http://www.drlesleyphillips.com)

<http://www.themidastree.com>



## MEDIA SHEET

### Brief Bio:

Dr Lesley Phillips is the author of a spiritual adventure story called The Midas Tree.

Lesley is also a spiritual teacher who is passionate about meditation. She believes she is here to empower others to take charge of their live by teaching them to meditate and develop their intuition, healing and creativity.

The Midas Tree was written to bring the powerful meditation techniques she teaches to a younger audience.

She is a frequent speaker at workshops and events as well as teaching a wide variety of meditation classes.

### Sample Interview Questions:

What is meditation?

What are the benefits of meditation?

What are some ways that I can use meditation to enhance my life?

Tell us about The Midas Tree?

Why teach children to meditate?

How can meditation help my child?

What if he/she/I just can't sit down and focus?

Why write a children's novel rather than a how to book?

What was your process for writing like?

Can you teach us a meditation technique now?

Tell us more about your background?

What is your Ph.D. in?

How did a scientist and businesswoman come to be a meditation teacher?

Can meditation help open creativity?

Can meditation help us tune into our inner guidance?

What are your beliefs about (choose any spiritual subject....)?

Do you think adults will also enjoy reading your book?

Can we talk about the classes you teach?



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### Extended Bio:

Dr Lesley Phillips began her career as a PhD scientist searching the globe for microbes that produced novel antibiotics. She then became a business woman in the biotechnology industry, responsible for negotiating multi-million dollar licensing deals.

Lesley was always interested in meditation and spirituality and she developed her abilities as a clairvoyant healer and spiritual teacher in parallel to her busy career.

This was an enviable lifestyle, but it was unfulfilling as she feared completely being herself in either environment, lest she be judged for her spiritual abilities and beliefs or her strong intellect and material success.

Things came to a head in 2005 when she decided she could no longer lead a double life. Since then she has focused on helping people access their spiritual abilities by teaching them to meditate and by offering spiritual counseling services in the form of intuitive readings and energy healings.

She is the creator of Portico Soul Essence Cards, a card deck meant to help open the intuition and creativity of its users. As well as being the author of a spiritual novel, called "The Midas Tree."

### Publications by Dr. Lesley Phillips:

- The Midas Tree (available September 28<sup>th</sup> 2012)
- Portico Soul Essence Cards (ArtVision Enterprises, 2008)

### Contact for Dr Lesley Phillips:

- #201, 1885 West Sixteenth Avenue, Vancouver, BC, V6J 2M3, Canada
- **Tel:** 778 235 3039; 604 733 1299
- **E-mail:**
- [drlesleyphillips@gmail.com](mailto:drlesleyphillips@gmail.com)

### Websites:

- Book Information  
[www.themidastree.com](http://www.themidastree.com)
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