

Header image

The Story

Your Life and Business Fueled by Self-Discovery and Transformative Growth

Ascension Wellness is the solution to a collection of enigmas that founder, Amy Lloyd was on a lifelong mission to demystify.

Overcoming significant life challenges, Amy's journey from a successful business owner to a mental health advocate has equipped her with profound insights into the struggles of emotional disconnection and self-worth. Her deep understanding of how childhood and cultural traumas impact adult life, including professionally, and her dedication to helping others reconnect with their true selves are at the heart of all Ascension Wellness does.

Clients may expect a supportive and empowering environment where they can work through their limiting beliefs, embrace their value, and create the lives and businesses they never dreamed possible. Services designed by a trauma trained mental health professional who has a unique blend of personal and professional experience provide a transformative journey for those who are as committed to personal growth, self-discovery, and holistic well-being as we are.



The Journey



Amy was told in a vision at 3 years old, that she would help people with her words. As a vivacious child always singing at the top of her lungs, she thought the vision meant she would be a singer.

When she was 8 years old, another vision told her she would be a 'therapist but not a therapist'. She had no idea what that meant but knew that she would when the time was right.





Pivot Points

Having been raised in poverty and becoming a teen mom, she began raising her own children in poverty. **In her mid-20's, she owned and operated a wildly successful housekeeping company that changed everything.**

Amy had been raised on the beliefs that money and 'business' are bad. She never set out to become a business owner. She was simply trying to feed her kids and pay her bills.

One day, with a near full client load, a reality came crashing down on her. "I'm a business owner!" she thought in horror. Struggling with deep shame and questioning her very identity, she learned to work through these limiting beliefs and shed some of the familial and cultural programming.

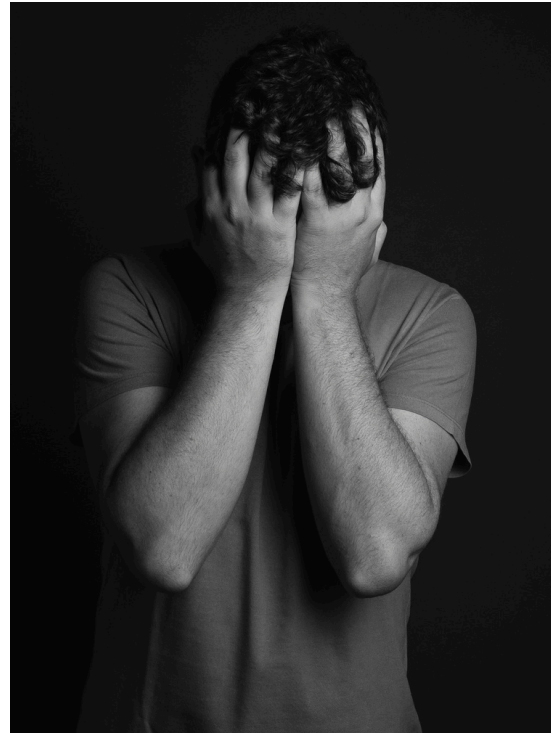
Eventually, she hit two other brick walls, one at a time: 'marketing' and 'sales' and she similarly worked through more limiting beliefs.

In her business, she quickly realized that most of her clients did not need a housekeeper. Even as she worked through her own blocks, she became increasingly aware of theirs.

Clarity Deepens

In the middle of relationships, careers, and unhealthy situations, her clients were struggling with emotions they didn't know how to name or navigate. Because it was easy to name the dust and clutter they could see, the logical conclusion is that the house needs to be cleaned.

To all outward appearances, they were successful, happy people. But Amy could feel that they were withering inside, feeling lost and disconnected.





It Just Wasn't Enough

As the company grew, she continued learning lessons.

Despite her financial success, she still could not afford to invest in the support she desired. Things like therapy,

healthcare, family vacations, and achieving her dream to go to college. Climbing out of poverty was a long road. With no support, she worried what would happen to her kids if she fell apart – mentally or physically.

As a single mom working 8-12 hours of physical labor every day and being the only one doing all the things, before long, her body began breaking down. She developed Chronic Fatigue Syndrome, an ever-growing list of allergies and sensitivities, digestive issues and more.

A Promise to Figure it Out

Over time she noticed that the cleaners she hired, other housekeepers that owned their own business and indeed, she herself in the early days - did not believe in themselves. They

undervalued their time and skills, they accepted mistreatment from clients and most of them took no pride in their job and merely rushed through it, too depressed and disconnected to give more.

She watched as they were locked out of the services they desperately needed to merely survive, just as she had been. They were trapped in a system designed with preset determinates of who gets a hand up and who doesn't.

These lessons culminated in lighting a fire under Amy. She vowed that she would find a way to help others connect with themselves, that she would help them learn to recognize and embrace their value and Truth and that her services would always be available for those ready to commit to themselves.

Though she still didn't know what that would look like....



Ascension Wellness Was the Way

Years later, being disowned by her mother kicked off a series of traumatic events that unraveled over several years. Brought to her knees and dissolving through countless dark nights of the soul, Amy reemerged as a trauma trained mental health professional with a clear understanding of the correlation between childhood and cultural trauma and spiritual awakenings and how that all impacts our daily lives - personally and professionally.

Reconnecting as a Self-led leader reminded her of her disconnected clients of so long ago. She knew that it was time.

Ascension Wellness exists to help people understand what they're experiencing, reconnect with themselves and build lives and businesses they never even dared dream of.

Layout inspired by: <https://www.thespringsliving.com/our-story>