

Call Or Text Now: +1 425.562.7277



Are inner conflicts and obstacles holding you back?

**LEARN TO POWERFULLY NAVIGATE LIFE'S CHALLENGES
AND ATTAIN YOUR CHERISHED GOALS.**

I WANT PRIVATE SESSIONS

I WANT PROFESSIONAL TRAINING



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Learn to powerfully navigate life's challenges and attain your cherished goals.

BOOK A TRAINING DISCOVERY CALL

I WANT PROFESSIONAL TRAINING



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Free Discovery Call

FINDING THE RIGHT GUIDE MAKES ALL THE DIFFERENCE IN ACHIEVING YOUR PERSONAL GROWTH AND TRANSFORMATION GOALS.

I welcome the opportunity to connect and discuss your current astrology chart, share my insights, and present my approach.



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Hi there, have a question? Text us here.

If we determine we are a good fit to work together, we can take the next steps forward.

YES PLEASE

How Can I Help You?



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PRIVATE SESSION

**Enjoy Support and Guidance
on your Transformative Journey.**

Be empowered to live life at its best with uniquely customized client-centered techniques and strategies. It's time to take care of yourself.

LEARN MORE



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Hi there, have a question? Text us here.

PROFESSIONAL TRAINING

**Get Certified as a Hypnotherapist
and Past Life Regression Specialist.**

Acquire the specific skills needed to facilitate deep, lasting, and soul-centered transformation for your healing and coaching clients.

[VIEW ALL COURSES](#)



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Hi there, have a question? Text us here.

Hi, I'm Mary Lee

MY MISSION IS TO GUIDE SERIOUS SEEKERS ON THE JOURNEY TO SELF-AWARENESS AND THEIR SOUL'S PURPOSE.

I invite you to step into a world of self-discovery and transformation, free from the blocks that limit you from living your desired lifestyle. I'm Mary Lee LaBay—an award-winning hypnotherapist, six-time author, and founder of Integrative Healing Arts Academy. For over 40 years, I've helped people awaken their inner wisdom and navigate life's challenges with clarity and purpose.

Using hypnotherapy, past life regression, soul retrieval, EFT, astrology, and sacred journeys, I offer a safe and soulful space for deep healing and lasting breakthroughs—for clients worldwide.

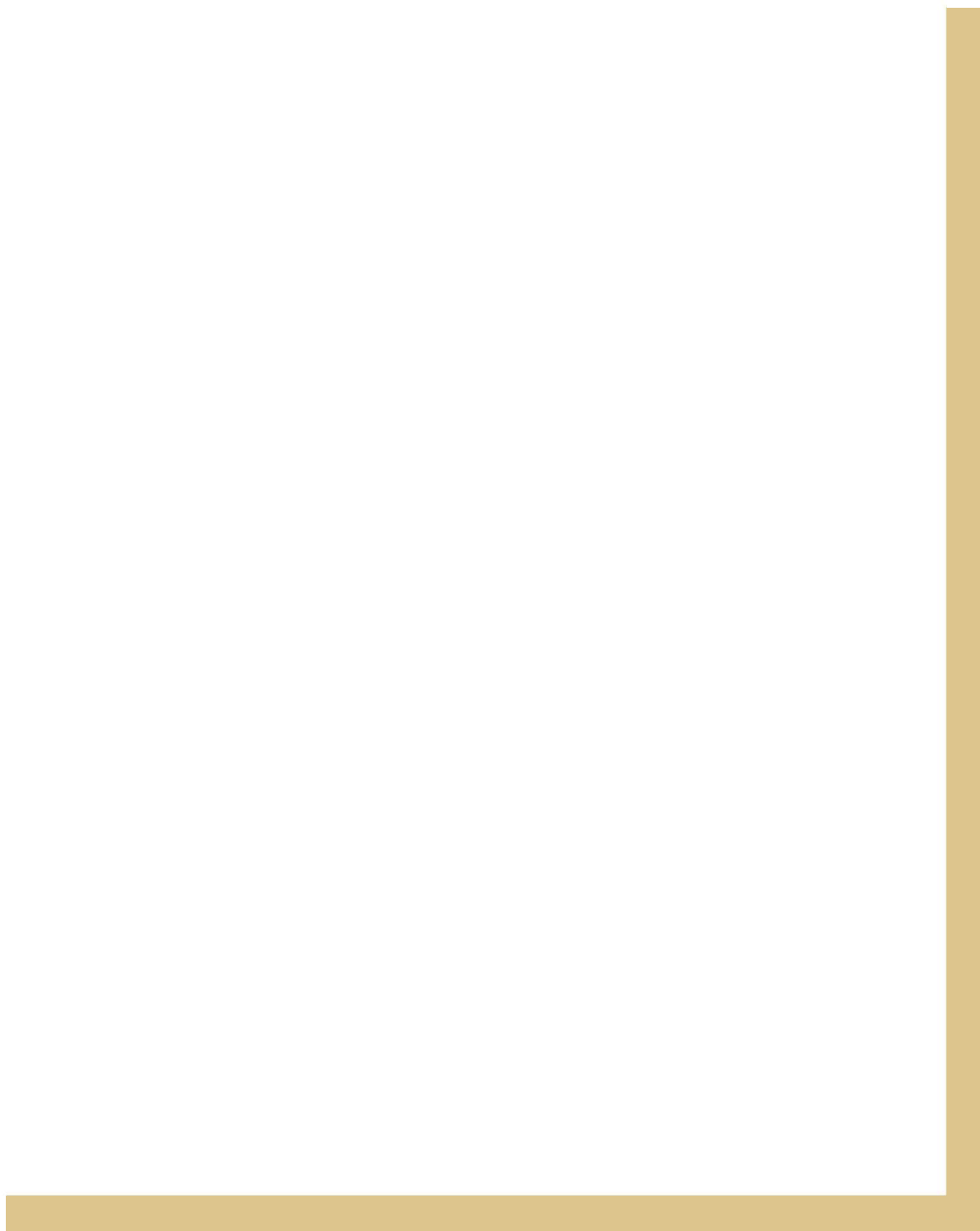
When you're ready for clarity, healing, and purpose, please book a free discovery call to explore your options.

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Break Through to Your

SPREAD YOUR BEAUTIFUL WINGS!

Don't let blocks and limiting beliefs hold you back. If you find yourself in a spiral repeating the same lessons or stuck in a difficult time in your life, let's



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clear your path to reach your goals.

If you're on a spiritual quest for self-awareness, growth, and empowerment,
I'm here to guide and support you.

You were created to be unique and magnificent.

I employ a unique combination of healing techniques to help you discover
your authenticity, heal the past, step into your power, and create the life you
know you were meant to live.

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What People Are Saying



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You exceeded my high expectations, picking up on every important cue and applying the appropriate technique. I felt I was in the hands of a heart-centered professional doing her best work for someone she truly does wish the best. "Thank you" seems so pitifully inadequate. I am so privileged that you exist in my life.

EXCEEDED EXPECTATIONS

Don Blaskowsky



Mary Lee is Hypnotherapist in seattle, kind, compassionate, brilliant, and wise. She helped me get unstuck and energized just in the first session. I highly recommend her to anyone who has been struggling in their life for way too long. She helped me see the possibilities in me, and the changes have been real and lasting. I am truly grateful for Mary Lee!

TRANSFORMATIONAL

Diep Tran



I came to Mary Lee LaBay for anxiety, pain, and fear. She is amazing. I had gone through meditation, psychology, and NLP, and Mary's help was the best of all. I recommend Mary Lee 100% for any help you need.

AMAZING

Pamela Chiriboga



Hi there, have a question? Text us here.



Mary Lee's Integrative Hypnotherapy & Past Life Regression online course was enjoyable and she empowered me with the skills and knowledge to go out and help others. Mary Lee is a wonderful instructor and truly cares about her students' success.

SOCIAL WORKER

Eleanor Gona



In Mary Lee's Hypnotherapy and Past Life Certification, she shares her vast knowledge and expertise leading students to easily master helping others heal. I learned techniques that fit into my energy medicine practice easily and expanded the modalities I offer clients. It was an excellent investment!

ENERGY MEDICINE PRACTITIONER

Mary Lee McRoberts



Having studied hypnotherapy with Mary Lee, I have expanded my skills and feel more connected to my healing craft in this world. I feel I can make an actual difference in the lives of people I work with. This training was amazing. So worthwhile, and I loved getting exposure to Mary Lee and my classmates.

PSYCHOLOGIST

Francesca Licciardi



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Register now to receive news, articles, and upcoming events, and gain access to a full-length guided visualization to experience hypnosis and deepen your meditation practice.

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Guiding serious seekers on the journey to achieve their soul's purpose.

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