

ISABEAU MAXWELL



PRESS KIT

MEET ISABEAU

www.thesagecommunity.com

**SPIRITUAL COACH · MEDIUM · AUTHOR
TEACHER · FOUNDER OF THE SAGE METHOD ·**



Isabeau Maxwell is one of the leading spiritual coaches in intuitive development, Isabeau brings deep channeled knowledge and personal understanding to spirituality. She has been helping people connect to their authentic, natural, intuitive abilities for over 15 years.

Isabeau is an internationally known medium, author, and teacher, who has touched the lives of people throughout the world. Known for her compassion and accuracy, Isabeau brings peace and comfort to many through her energy work, transformative sessions, and teachings.

Isabeau is the founder of The SAGE Method, a life-changing intuitive training program that teaches people how to open their intuitive abilities and live an authentic, blissful life. She is also the creator of The SAGE Circle, Discovery Meditation, and the author of *Cracking Open: Adventures of a Reluctant Medium*.

With a bachelor's degree from Minnesota State University with a major in mathematics and a minor in chemistry, Isabeau maintains a balanced perspective between this world and the next. Down-to-earth and easy to connect with, Isabeau offers safe space for students and clients to process the intuitive information they access.



www.thesagecommunity.com

SAGE stands for Spirituality, Alignment, Growth, and Empowerment. Live your best life, experience your true abilities, and step into alignment and bliss! The SAGE Method is the most down-to-earth, comprehensive program out there when it comes to intuitive development.

The SAGE Circle: No gurus to worship. No unreasonable promises. Just a supportive community of spiritual seekers embracing their power, strength, and inner beauty. People just like you who are ready to find magic in each day, get in alignment, and harness their intuitive abilities to live a life of abundance and bliss.

SOCIAL MEDIA



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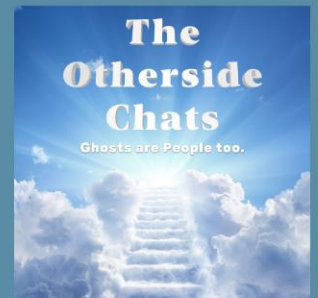
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THE OTHERSIDE CHATS



The Otherside Chats is a new podcast from professional medium, intuitive teacher, and founder of The SAGE Method, Isabeau Maxwell. Isabeau has spent years doing clearings for spirits who were stuck in their transition, a specialty that she holds close to her heart. In 5-15 minute segments, Otherside Chats shares in detail her experiences with these clearings. Through Otherside Chats, Isabeau is ready to share her mission: To humanize people in spirit form and remind listeners that ghosts are people too.



AUTHORITY MAGAZINE

Isabeau Maxwell of SAGE Method: Five Things You Need To Create a Highly Successful Career As a Life or Business Coach



In this particular interview, we had the distinct pleasure of interviewing Isabeau Maxwell.

One of the leading spiritual coaches in intuitive development, Isabeau Maxwell brings deep channeled knowledge and personal understanding to spirituality. She has been helping people connect to their authentic, natural, intuitive abilities for over 15 years. Isabeau is the founder of The SAGE Method, a life-changing intuitive training program that teaches people how to open their intuitive abilities and live an authentic, blissful life.

<https://medium.com/authority-magazine/isabeau-maxwell-of-sage-method-five-things-you-need-to-create-a-highly-successful-career-as-a-life-fc76dc9ddba8>



How to Become Confident in Your Intuitive Abilities

I know from experience what it's like to struggle with confidence in my intuitive abilities. This is because I was not always a psychic medium. Up until the age of 31 I was a complete skeptic. It was one life-changing experience that pushed me into the spiritual realms and opened my intuition.

Shortly after my grandmother passed away, she showed up in my living room in spirit form. I was stunned to say the least. Frightened might be a good word for that moment. But since it was her, I was eager to try and connect. More importantly I wanted to discover if what was happening to me was real or not. Yep, I was skeptical.



Spiritual Coach

Isabeau is one of the leading spiritual coaches in intuitive development, Isabeau brings deep channeled knowledge and personal understanding to spirituality. She has been helping people connect to their authentic, natural, intuitive abilities for over 15 years.

She is an internationally known medium, author, and teacher, who has touched the lives of people throughout the world. Known for her compassion and accuracy, she brings peace and comfort to many through her energy work, transformative sessions, and teachings.

BEST SELF

Your Energy Body: The Little-Known Key to Stronger Intuition and a Happier Life

By Isabeau Maxwell

We have a physical body, a programming body, and a spiritual body. Nurturing each helps us hone our intuition... and wellbeing.

The first significant portion of my life I lived as a skeptic. I wasn't exposed to many aspects of spirituality. One plus one always equaled two and I was happy with that. When I opened up intuitively at the age of 31, as a result of my grandmother appearing to me moments after she passed away, I started to learn more about how we are all connected and how our energy affects this life of ours.



About Isabeau Maxwell

Isabeau Maxwell is an internationally known medium, author, and teacher, who has touched the lives of people throughout the world. Isabeau is the founder of **The SAGE Method**, a life-changing intuitive training program that teaches people how to open their intuitive abilities and understand spirituality.

<https://bestselfmedia.com/your-energy-body/>

COMMUNITY

Isabeau Maxwell of SAGE Method: “Patience is by far the number one factor”

Patience is by far the number one factor. Building a successful business isn't a sprint, it's a marathon. Many people open up shop and get disappointed six months down the road when they aren't flooded with clients. I personally was creating social media posts, writing blogs, and networking for over a year before I started [...]



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<https://thriveglobal.com/stories/isabeau-maxwell-of-sage-method-patience-is-by-far-the-number-one-factor/>

Isabeau Maxwell Shares Her Story of Being a Skeptic to Becoming a Medium



Isabeau is one of the coolest mediums you'll meet. I can't decide what makes her the most interesting, because there's so much to choose from between her math and science background, fascinating life story, or the methodology and program she created called The Sage Method and last but not least the fact she hit the road in an RV with her partner while producing a show called "Medium on the Move." Isabeau also wrote a beautiful book called **Cracking Open: Adventures of a Reluctant Medium** that details her life journey in the beginning of mediumship and all the ups and downs she incurred while coming into contact with spirits, her gifts, and acknowledging the big responsibility it is to have this ability.



Spiritual Biz Chat: Isabeau Maxwell



Even the biggest skeptics around the globe start to realize how our emotional well-being directly affects our physical health. But they still don't know where to start to improve their lives. What is *your* way of taking care of your energetic body?

Isabeau: Hands down, my favorite way of taking care of my energy body is GCP, aka Ground, Clear, Protect. Over the years, I have seen GCP help thousands of people balance, center, and find their spiritual flow. We all have energy that flows through us and expands outside of our physical body. And while we were raised to take care of our physical body, many times we were not raised to take care of our energetic body. The short, quick version of GCP is to imagine grounding to Mother Earth, clearing out old energy you no longer need and protecting yourself with a bubble of sorts that filters what comes into your energetic space. The end goal would be to only take on that which you are supposed to take on. Caring for your energy body this way brings massive balance into your life, it makes a huge difference with your well-being. I know it has changed my life for the better.

<https://spiritualbizmagazine.com/spiritual-biz-chat-isabeau-maxwell/>

3 Key Steps to Opening Up Your Intuition



About the author:

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How To Have Confidence In Your Intuition With 3 Simple Steps



Your Environment

When people talk about your environment, they are usually referencing your friends, family, home life, etc. But when it comes to building your intuitive confidence, let's talk about your energetic environment – your energy body. Some people refer to it as your aura or your spiritual body. Each person has an energy body that encompasses them and expands outside of their physical body. Think of it as a space suit of sorts. An energy spacesuit that you are wearing while you are here on earth.

Isabeau Maxwell

For the past 15 years, Isabeau is known for helping people connect to their authentic, natural, intuitive abilities. Originally a skeptic, raised without spirituality in her life, she experienced a series of events which opened her intuition and she stepped headfirst into spiritual realms. She created The SAGE Method to share guidance with a broader public. She has taught a wide array of people from newcomers in their spiritual journey to professional intuitives. She can speak to the healing benefits of her readings, share tips on all things spiritual and would be thrilled to share her insights on: - Taking care of your energetic body - The steps of a spiritual journey from a skeptic to a professional medium - How to become confident in your intuitive abilities - How to interact with your spirit guide and listen to their guidance The SAGE Method—which stands for Spirituality, Alignment, Growth and Empowerment—is a life-changing intuitive training program that teaches people how to open their intuitive abilities and live an authentic, blissful life. She is also the creator of community and app, The SAGE Circle, and the author of *Cracking Open: Adventures of a Reluctant Medium*.



Excellence Reporter

#1 MOST 'MEANING FULL' WEBSITE ON EARTH

AWAKENING

Isabeau Maxwell: What is the Meaning of Life?

Excellence Reporter: Isabeau, what is the meaning of life?

Isabeau Maxwell: We are here for experiences. To say we are here to learn is to suggest our higher self doesn't know everything already. However, the higher self does not exist in linear time. It already knows the beginning, the end, and the middle of this life we have chosen to experience.

By coming here to Earth to live a human lifetime, we are purposely stepping into a linear timeline. On this forward moving timeline, we are able to experience particular emotions we could not experience on the otherside such as anger, surprise, fear, or excitement. In order to experience these feelings, we need to be living through a calendar of days. When you are aware of how the outcome will be, the beginning and the end all at once, it is impossible to feel the intricate depth of particular emotions.

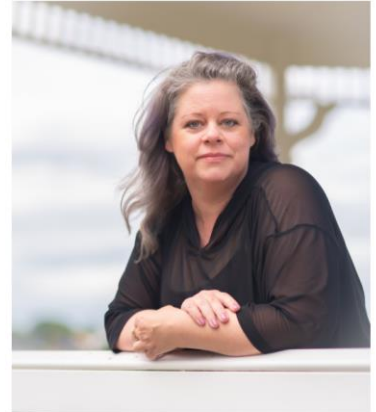
This linear lifetime allows us to have experiences we cannot have on the otherside. For example, we gift ourselves with the joy of gardening on a deeper level. We are able to experience the emotions associated with planting the seeds, waiting for the sprouts to appear, and harvesting the fruit, vegetables, or flowers.

The awareness of this path opens doors for us to be grateful for both the highs and the lows we experience. It allows us to step into the emotional moments we have and cherish being a spiritual being who is having a human experience. We connect on a deeper level with a bit more excitement to the seconds and minutes we spend in bliss and love of the process. And, even more importantly, it gives us a supportive purpose to walk through the hard times. It is the linear experiences, both good and bad, that are indeed the meaning of life.

A kiss on a baby's cheek is more powerful when we have waited for that child to arrive. A heartbreak is more intense when we spend time not knowing how the end would unfold. And love is more moving when it develops day by day.

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<https://excellencereporter.com/2021/10/07/isabeau-maxwell-what-is-the-meaning-of-life/>

PODCASTS



Soul-Share with a Skeptical Intuitive, Isabeau Maxwell

[The Positive Head Podcast](#)

Beau is a skeptic turned medium as well as the founder of the SAGE method which is designed to help people enhance their intuitive abilities. In this episode, Beau shares some very practical advice on spiritual hygiene, as well as how we can begin to tap into our intuition. She and Brandon also share a number of inspiring real-time synchronicities.

[LISTEN](#)



Isabeau Maxwell - Medium and Author discusses embracing her spiritual gifts and helping others do the same Ep. 153

This week I sit down with Medium, Author, and Leading Spiritual and Intuitive Development Coach Beau Maxwell to discuss her life journey from skeptic to medium, which she details in her book "Cracking Open: Adventures of a Reluctant Medium"

[LISTEN](#)



Episode 200: Isabeau Maxwell: Intuitive Development/Channeled Knowledge/Cracking Open/The SAGE Method

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[LISTEN](#)



Building Confidence in Your Intuitive Abilities with Medium Isabeau Maxwell

One of the leading spiritual coaches in intuitive development, Isabeau Maxwell brings deep channeled knowledge and personal understanding to spirituality. Isabeau is an internationally known medium, author, and teacher. She is the founder of The SAGE Method, a life-changing intuitive training program that teaches people how to open their intuitive abilities and live an authentic, blissful life. She is also the creator of the online community and app, The SAGE Circle, Discovery Meditation, and she is also the author of Cracking Open: Adventures of a Reluctant Medium. thesagemethod.com

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