

Sheena Metal is a psychic/medium, spiritual counselor, intuitive and emotional empath, who specializes in personal vibrational motivation, soul enlightenment and energetic healing. She is also an interfaith minister (she is an ordained deacon, at American Trinity University), a motivational speaker, the host of the daily "Sheena Metal Experience" and both the weekly "Haunted Playground" and "Raising the Vibration" radio shows, at LA Talk Radio, and the founder of the IAmRaisingTheVibration.com non-profit peace, love, kindness, unity movement (also at RaisingTheVibration.org). Sheena has been a part of the spiritual and paranormal communities, her entire life. She is the daughter, of a psychic/medium and is herself, a paranormal survivor. Having grown up in a very active and disturbing haunted house she is now, not only the founder of Surf City Paranormal, but a member both of the Los Angeles Paranormal Association and the Paranormal Research and Resource Society, where she is the President of their West Coast Chapter.

As a psychic, Sheena Metal runs her own spiritual practice, based in Los Angeles, called "I Am Raising Your Vibration", which emphasizes motivation/healing of your energetic vibration, through spiritual counseling, consulting and guidance. She has worked numerous entertainment industry events, in Hollywood, including the NBC/Universal employee Christmas party (annually) and the "50 Shades of Darker" premiere. Sheena recently took part, in two reality TV show pilots, one for Telepictures ("Ellen" / "Extra") and the other for Magical Elves ("Project Runway"/"Top Chef"), which also starred Jill-Michele Melean ("MADtv" and Carlos Alazraqui ("Reno 911!"). She is a regular guest/co-host on "*Real Housewives of Beverly Hills*" recurring psychic, Rebecca Fearing's, "Dancing with Ghosts" television show and the resident host, for Patti Negri's (Travel Channel's "Ghost Adventures") "Revive Your Spirit" and "Wanted: Dead or Alive" symposiums.

In 2017, Patti, Sheena and a 103 year-old haunted doll, named Belle, joined forces to host a new web series, about the people who cohabitate peacefully, with positive spirits, called "Living with the Dead", which has spun off into live shows called, "Antiques Ghostshow". She is currently working on a new web series (and corresponding live events) entitled "Altared", co-hosted by Carolyn Hennesy ("True Blood"), about the spiritual totems that help to raise your vibration and aid you on your celestial journey. She is currently working on her first book, a guide to staying in the light, in spite of the distractions of darkness, as well as a biographic novel, about both the spiritual and the three-dimensional world gifts, she's received from her mother, in life and in death.

Sheena believes that all things are rooted in spirituality, that happiness and peace come from within and that a strong, yet pure, connection to your Higher Power is a crucial element, in a productive and balanced existence. She understands that the Universe is a delicate blend of light and dark energies; and that by surrounding one's self in positivity, optimism and joy, you can repel the negativity from yourself, your environment and from the planet. Last year, Sheena spent a weekend, at Miracles of Joy, as one of the speakers/healers at the Embrace Your Spirit Conference (where she will return this coming Fall). She is thrilled to bring her, "Aspects of Spiritual Awareness" seminar to the Dallas area