

Welcome

Welcome to "The People" section. Across this planet, there is an abundance of incredible humans who are doing groundbreaking work in their chosen fields. Work that is expanding consciousness, exploring new frontiers in science, and opening up conversations that are important and matter. This page is obviously not exhaustive, by any stretch of the imagination, and for sure I have missed MANY incredible people from this list. However, this is a starting point for those who may be curious to explore more, with some of the people who have had a role in my journey.

I may not be fully on board with all of the ideas and work they put forward but I feel they are worth listening to, their work is important and as ever we are here to make up our own minds and for that we need a diverse sphere of influence.

If there is anyone you think should absolutely be in here or should you have any comments, reach out to me HERE

People in Science

These people are doing great work bridging science and spirituality. To bring a deeper understanding of the mind-body-spirit complex of us as humans and how this interacts with the world around us. Daring to go where no science dares, into the realms of the mystic, and to bring back something tangible that our left brains can get a hold of and the transformation that occurs when we believe. Check out their work, explore their words, and make your own decisions on what they're presenting.

Joe Dispenza	His own remarkable journey of healing through the power of the mind sent him off on a journey into exploring Neuroscience and Neuroplasticity and is now on the leading edge of measuring the power of the mind and meditation.
Bruce H Lipton PHD	Cell Biologist and Epigeneticist, his work has been profound in understanding the mind-body-spirit connection and the influence our thoughts have on how our genes express.
Gregg Braden	Geologist and explorer of consciousness, archeology and understanding what is the truth of our history and our roots as humanity.
Lynne McTaggart	An investigative journalist who has dedicated her life to exploring how thoughts affect our world. She has written many books and works with a team of scientists on intention experiments and how thoughts create our reality.
Nassim Haramein	For the last 3 decades, he has been exploring physics, mathematics, geology, biology, and chemistry to go deeper into the understanding of the Universe. He has some highly interesting things to say and theorize on the cusp of science.
David R. Hamilton	Dr. David Hamilton began his career working as a research scientist in pharmaceutical companies. After observing the power of the placebo he stepped out of Pharma and began to explore the power of thoughts on the body.
Dr. Masaru Emoto	Dr. Masaru Emoto is famed for his incredible work with Messages in the Water and the power of thoughts on water molecules. To see the beauty of love and gratitude and the murkiness of hate and war. A fascinating piece of work.

People in Psychotherapy

I am super passionate about the way that we think. Mainly because I truly believe that the way we think carves the reality we live in (see above 😄), therefore unraveling our conditioning, working through our trauma, and understanding our human condition is super important to creating more space for a wonderful life. These humans are doing really interesting work, in my view, and have much to share.

Dr Richard Schwartz	The Founder of the IFS Institute, Internal Family Systems is revolutionizing psychology. To understand our multiplicity and to be seated from a space of ultimate compassion has been a huge part of my journey and how I work with my clients and relationships alike.
Gabor Maté	Dr. Gabor Maté is doing incredible work on the topic of addiction and understanding trauma, bringing it out of the clinician's office and into the worldwide audience.
Marshall Rosenberg	Marshall Rosenberg's model of Nonviolent Communication has been an interesting tool to support more harmonious relationships and communication in general.

People of the Spirit & Mind

For me, Spirit is at the heart of it all. Call it God, Allah, Universal Consciousness, Spirit or The Universe, for me it all speaks to the same thing. This energetic intelligence that flows through it all. These humans have helped me to remember this truth. They have inspired me to see life through a different lens and to believe in what is possible. I hope some sparks will ignite for you too.

John Kehoe	Many moons ago John Kehoe's words and teachings awakened a spark in me I will never forget, and still to this day I would class him as one of my most treasured teachers. Teacher of all things Power of the Mind and being the Creator of your reality.

Anita Moorjani	The incredible story of her near-death experience and how that transformed her life is super inspiring to me of what is possible and how this universe works.
Gabby Bernstein	Since I first read "Universe Has Your Back" I felt deep resonance with Gabby's message. She has written many books and has a beautiful presence and message to share.
Lisa Nichols	With a powerful back story, Lisa is a motivational speaker who has taken herself from poverty to wild heights. With drive and a vision for success, she is an inspiration for making dreams come true.
Robert Edward Grant	Robert's work blends religion, mathematics and spirituality to explore the mysteries of the universe. An incredible thinker and explorer of the sacred. Truly beautiful work.

People in Intimacy

Our relationship with ourselves and our sensual, sexual life can be a deeply healing and creative exploration that has been profound in my own inner journey. So much shame, judgement, and contraction is held within these codes and this can permeate all aspects of our life. Here are a few humans that I have had personal experience with to go deeper into the self in this way. Enjoy.

Layla Martin	Tantra Teacher exploring all things intimacy, sexuality, love and relationships she has great content on her YouTube Channel to take the taboo out of this subject
Sarah Rose Bright	I love Sarah's real and grounded approach to the topics of sensuality, intimacy, love, and relationships. Her Podcast "The Sexy Life Podcast" is well worth checking out.

Regena Thomashauer	Regena Thomashauer (Mama Gena) is full of energy, life, and radical self-pleasure. She has been teaching women how to relish in pleasure for many years and brings full power to her teachings.

People Making Sense of the World

This world that we find ourselves living in is an increasingly crazy place to make sense of, that becomes more and more challenging as time goes on. Here are some great thinkers who are doing their best to make sense of what we are facing as a collective, and how we can begin to make the change we so desire as a community.

Daniel Schmachtenberger	A deep thinker who is gaining traction with other intellects to work on some of the greater challenges we face as a society and how we can think more critically. I was deeply taken with his approach from the first time I heard him speak.
Rebel Wisdom	They are no longer creating new content but their channel has a reem of videos on interviews with great thinkers and exploring the world through an intellectual lens. Take a look to find some gems of your own.
Jordan Peterson	A background in Clinical Psychology Jordan Peterson has transitioned into being a renowned thinker, considering the challenges of these times; thinking critically about society, politics, and other existential questions.
Charles Eisenstein	A philosopher and thinker, as well as author of several books. I love the way Charles thinks and his visions for the possible future and where we are within that journey.

People in Media

Some of these humans you may already have seen as interviewers in the resources already shared. Their mission is to help to spread information far and wide, to question

how things have been done, and explore how things could be done. They take the work of the people above, and more, and get in front of audiences in their own unique way. Take a look to see what resonates for you.

Vishen Lakhiani	Mindvalley is a great space for learning all things mind-body-spirit. With interesting interviews and courses to take your exploration deeper.
Aubrey Marcus	A Podcaster who packs an incredible punch. Talking all things Plant Medicine, spirituality, consciousness, and more, his interviews never fail to inspire. I am touched by his ability to be raw and vulnerable. Check him out.
Russell Brand	A true celebrity chameleon, I have come to admire him and his reporting of current affairs and topics that are affecting us all as a society. His exploring of what's going on in the world is informative and opens up many conversations that, in my view, need to be had.
Blu	I love Blu's podcast. She has taken a pause to focus on other projects but her back catalogue is worth checking out. Covering spirituality, human development, and topics of vulnerability, she has had some great thinkers on her show.

With love,

Kristina

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