

KAREN NEWELL
CO-FOUNDER, SACRED ACOUSTICS

As an innovator in the emerging field of brainwave entrainment audio meditation, Karen Newell empowers others in their journeys of self-discovery. Using Sacred Acoustics recordings, she teaches how to enter and engage your own consciousness in order to connect to inner guidance, achieve inspiration, improve wellness and develop intuition.

Her lifelong interest in ancient cultures and sacred sites catalyzed her drive to understand the purpose of our existence. She became fascinated with esoteric spiritual texts and sought alternate explanations for humanity's collective history. In her search for answers, it was clear that direct experience is crucial. She was intrigued by accounts of ancient mystery schools, where initiates were led through a series of trials to learn the secrets of the universe. With no modern mystery school to attend, she enrolled in hands-on experiential courses to investigate and develop such skills as lucid dreaming, astral travel, telepathy, remote viewing, self-hypnosis, and different forms of energy healing, which bolstered her strong sense of inner knowing and alignment to her higher nature.

With focused dedication, she evaluated different theories and techniques through experiments in her daily life. Using this body of personal evidence, she cultivated a personal *knowing*, not only of the reality of the spiritual realm, but also a facile expertise in *living* that life of daily connection with universal consciousness. Among her greater attributes is the rare skill of discernment, of being able to separate the wheat from the chaff in navigating a pathway towards truth.

Meditation and heart awareness were central elements to her many different subjects of study. Her most successful forays into consciousness involved listening to sounds such as gongs, crystal bowls and tuning forks. Recordings containing binaural beats were particularly effective at minimizing distracting thoughts and restlessness, allowing her to finally reach the expanded states of awareness she sought. Karen joined with Kevin Kossi to create original recordings unmatched by any others either of them had experienced. Together, they created Sacred Acoustics.

At international workshops presented with best-selling author Dr. Eben Alexander, Karen demonstrates key practices of consciousness exploration: heart awareness, intention, maintaining neutrality, emotional management and cultivating internal knowing. She is co-author with Dr. Alexander of their latest book, *Living in a Mindful Universe: A Neurosurgeon's Journey into the Heart of Consciousness* (Rodale, 2017).

During 26-years working in the magazine and newspaper publishing field, Karen held key leadership positions involved with the direction and management of technology transitions faced by the print industry. Her business skills include web development, desktop publishing, communications, information technology, project management and strategic planning.

www.sacredacoustics.com

MEDIUM BIO

As an innovator in the emerging field of brainwave entrainment audio meditation, **Karen Newell**, co-founder of Sacred Acoustics, empowers others in their journeys of self-discovery. Using Sacred Acoustics recordings, she teaches how to connect to inner guidance, achieve inspiration, improve wellness and develop intuition.

In her search for answers to fundamental questions, it became clear that direct experience is crucial to full understanding. To bolster her strong sense of inner knowing and alignment with her higher nature, she enrolled in a series of hands-on experiential courses to investigate and develop such skills as lucid dreaming, astral travel, telepathy, remote viewing, self-hypnosis, and different forms of energy healing.

She developed a facile expertise in *living* through daily connection with universal consciousness using heart awareness as a central element. At international workshops presented with best-selling author Dr. Eben Alexander, Karen demonstrates key practices of consciousness exploration: heart awareness, intention, maintaining neutrality, emotional management and cultivating internal knowing. She is co-author with Dr. Alexander of their latest book, *Living in a Mindful Universe: A Neurosurgeon's Journey into the Heart of Consciousness* (Rodale, 2017).

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SHORT BIO

Karen Newell has spent a lifetime seeking wisdom through esoteric teachings and firsthand experience exploring realms of consciousness. She empowers others by demonstrating how to connect to inner guidance, achieve inspiration, improve wellness and develop intuition. She is co-founder of Sacred Acoustics, and co-author with Dr. Eben Alexander of *Living in a Mindful Universe* (Rodale, 2017). www.sacredacoustics.com