

KAREN NEWELL

CO-FOUNDER, SACRED ACOUSTICS

LONG BIO

Karen Newell is an author and specialist in personal development with a diverse body of work that rests upon the foundation of heart-centered consciousness. Her personal growth programs, workshops, guided meditations and teachings enable individuals to achieve life transformations towards greater self-fulfillment and contentment, quality relationships and choices aligned with one's soul calling.

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

Karen is co-author with Eben Alexander III, M.D. of *Living in a Mindful Universe* (2017). At international workshops presented with Dr. Alexander, Karen demonstrates key practices of consciousness exploration: heart awareness, intention, maintaining neutrality, emotional management and cultivating internal knowing.

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 the complete story of humanity's collective history. In her search for answers, it was clear that firsthand personal experience is crucial for the fullest understanding. She enrolled in hands-on experiential courses to investigate and develop such skills as meditation, lucid dreaming, astral travel, telepathy, remote viewing, self-hypnosis, and forms of energy healing, which validated that we can all develop these abilities. Most surprising was that this exploration led to unexpected personal and spiritual growth.

With focused dedication, she evaluated different theories and techniques through experiments in her daily life. Using this depth 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 – an ability to separate the wheat from the chaff in navigating a pathway towards truth.

Karen's most intriguing 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 attuned to their personal preferences and incorporating binaural beats. Together, they created Sacred Acoustics so that others could share their experiences.

Prior to her transition into a career in personal development, Karen enjoyed a vibrant 26 years in the magazine and newspaper publishing field, where she held key leadership positions providing

oversight and direction for technology transitions faced by the print industry. She cultivated business skills in web development, desktop publishing, communications, information technology, project management and strategic planning. Karen's fondest memory of her publishing career remains nurturing young graphic artists and digital publishing specialists, which aligns with the caring essence she applies to Sacred Acoustics, her writing career and personal development workshops and webinars. Naturally, it has all come full circle for Karen.

www.sacredacoustics.com

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MEDIUM BIO

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SHORT BIO

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