

Cindy Teevens

the Spiritual Facilitator who keeps it real
Author/Speaker

Cindy is an award-winning, international inner peace, happiness, and spiritual facilitator, exceptional and unique in helping people shift their state and perspective, transforming their lives, from the inside out.

Six years after the suicide of her father, in one moment her own intense suffering was swapped for amazing joy, altering her life permanently.

Understandings began to come about how we have been living backwards, how we have mistaken the outside for the inside—and how we can return to truth, sanity, and peace.

Months later, one day in the woods she was knocked to her knees by an explosion of love that was followed by the end of time and space, self and other.

Forty years of self-baggage suddenly fell away. The thinker and speaker she thought she was, was gone. Yet the Self remained.

Cindy is writing about that “direct seeing” of Self in a third book. She is the author of [Alchemy](#), [How to Feel Good No Matter What](#), and [The Happiness Lie, What Generations Have Been Told that Keeps You Unhappy](#).



Practical and Spiritual...

Cindy calls the simple but powerful practice that anyone can do, “The Alchemy of Love and Joy.” It has been described as a cross between Byron Katie’s “The Work,” and Eckhart Tolle’s “The Power of Now,” and Mooji’s satsang. There is no shadow dark enough to keep her from walking with you through it.

Beyond transforming worldly lives, for those with deeper questions, she points out the false so it can fall away, and points to That which is eternal, and not of the world, thus bridging heaven and earth.

*Make the shift to
Peace and Joy...*