



AUTHOR | FACILITATOR | SPEAKER



CINDY TEEVENS is a rare and transformative voice in the world of inner peace, happiness, and spiritual awakening. Rather than offering more concepts or beliefs, she leads people into a direct experience of freedom, love, and joy—often in a single conversation.

After her father's suicide, she began a quest to find an end to suffering. In the middle of her own suffering, she radically shifted into love and joy. Months later, love exploded with the end of the imaginary separation of self and other, and all she could do was laugh at the cosmic joke (2010). The peace and joy have never left.

Now she helps seekers realize simple truths that end the inner struggle and sets them free forever.

*Endorsed by Dan Millman, bestselling author of **Way of the Peaceful Warrior**:*
"I find you one of the few upcoming writers in this genre whose work rings true for me
— whose head and heart are aligned."

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Topics

Timeless Teachings: what happened to Cindy in the woods, and awakening from the human condition.

Waking Up from the Mind's Story: Dreaming in the waking state and conscious awakening.

Two Minutes to Inner Peace:

A technique to access inner peace quickly, on demand.

The Five Powers You Possess: which both cause and cure unconscious dreaming.

Getting Real in Relationships: Seeing beyond the mind and its stories for harmony in relationships.

Ideal For...

- ✓ Programs addressing stress and anxiety
- ✓ Mindfulness, meditation, wellness events
- ✓ Conscious leadership, heart-centered organizations
- ✓ Spiritual communities and retreats
- ✓ Mental health, burnout, and resilience programs looking for a fresh, experiential approach

Audience Experience

- A live, joyful mental-emotional shift in perspective for clarity, inner peace, and presence
- Powerful "ah-ha" realizations that release painful beliefs and end conflicts, for relationship harmony
- Simple, relatable and repeatable tools and insights they can use for the rest of their lives

What People Say

"You are a blessing... I needed to hear what you said in just the words you said. Your clarity is beautiful and effective because you speak from direct experience. That is so evident."

— **Laurell Eden**, recording artist and personal development teacher, New York City

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"In the moment the shift happens it feels like a miracle has taken place."

— **Vivienne C.**, Ottawa

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