

PODCAST & GUEST ONE-SHEET

Carissa Andrews

USUI REIKI MASTER · AUTHOR

Helping seekers stop circling in their heads and finally feel it in their bodies.

Carissa has been a Usui Shiki Ryoho Reiki Master since 2008, and she's the author of more than 30 books across three pen names. Through Manifest Differently, she blends verbal Reiki, mythology, brain science, and somatic work, and she teaches Reiki live online at a pace built for sensitive and neurodivergent nervous systems. She lives in rural Minnesota, near the lakes.

Since 2008	30+	279	~10,000
Usui Reiki Master	books, three pen names	podcast episodes hosted	YouTube subscribers

What I can talk about

- **Out of your head, into your body**
  Why so many seekers get stuck researching their spiritual life, and how Reiki became the first thing that let me actually feel it.
- **Reiki for sensitive and neurodivergent nervous systems**
  Why the crammed two-day weekend doesn't work for everyone, and what changes when you learn at a pace your body can trust.
- **Inanna's descent and the way back to yourself**
  What a 4,000-year-old myth teaches about loss, midlife, and coming home to who you are.
- **The money wound and learning to receive**
  Why so many of us believe support has to be earned, and what shifts when we stop performing for it.
- **From novelist to Reiki Master**
  30+ books, three pen names, and the mystical thread that runs through fiction, history, and energy work.

Recording

Mondays and Tuesdays, 1 to 3 PM Central. Other times are easy to arrange for different time zones.

Questions hosts love

- *What's the difference between Reiki and verbal Reiki?*
- *Why do so many spiritual people get stuck in their heads?*
- *Can you really learn Reiki online?*
- *What does an ancient Sumerian myth have to do with midlife?*
- *How did a fantasy author end up a Reiki Master?*

On the mic

Host of *The Author Revolution Podcast* (about 279 episodes), with guests including Jen Sincero, author of *You Are a Badass*.

Guest and speaker: A2 The Show, Alchemy for Authors, Author Nation 2024, SelfPublish Con 2023, Written Word Media's Speaker Series, Mindful in 5, and more. Named one of Disruptors Magazine's Top 30 Entrepreneurs Disrupting Their Industries (2022).

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Email me to book an interview or talk about a collaboration.

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