

SOULTECH

MAGAZINE



ALSO: DEALING WITH
PERFECTIONISM
HEALING YOUR HISTORY,
RESTORATIVE YOGA, THE MOST
HEALING FOODS, NATURAL
SKINCARE + MORE

THE HERO'S JOURNEY

HOW TO NAVIGATE YOUR JOURNEY
WHEN IT RUNS HEAD-LONG INTO A SPIRITUAL AWAKENING

EDITOR'S LETTER

Beautiful Souls,

At the heart of every transformation is a choice—to answer the call to grow, to face the unknown, and to become more than we were before. That timeless process is known as **The Hero's Journey**, and it is the inspiration behind our cover story for Issue 12 of SoulTech Magazine.

In this issue, we explore what it means to step into that journey in today's rapidly changing world. From conscious living and emotional mastery to creativity, technology, and raising human consciousness, each story invites you to look deeper, question old narratives, and reconnect with your inner power.

The Hero's Journey is not about perfection or certainty—it's about courage, awareness, and the willingness to evolve. Whether you are navigating personal change, redefining success, or seeking greater alignment in your life and work, our contributors offer insights designed to support and inspire you along the way.

As always, SoulTech exists at the intersection of soul and innovation, reminding us that the future we are creating begins within.

Thank you for being part of our community and for walking this journey with us.

With love and intention,

Cynthia L. Elliott
Shaman Isis
Editor
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SoulTechFoundation.org

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HEALING FOODS

NOURISHING THE BODY, MIND, AND SPIRIT

By Shaman Isis

In a world of fast fixes, overstimulation, and ultra-processed everything, healing often begins with a radical yet ancient act: choosing food that actually loves you back. What we eat is not just fuel—it is information. It speaks to our cells, influences our emotions, and shapes our energy. At SoulTech, we believe food is technology: a living system capable of restoring balance, vitality, and consciousness when used with intention. Here are some of the most powerful healing foods to include in your daily diet—and why they matter.

1. Leafy Greens: The Foundation of Cellular Health

Dark leafy greens like kale, spinach, arugula, and Swiss chard are rich in chlorophyll, magnesium, folate, and antioxidants. Chlorophyll supports detoxification and oxygenates the blood, while magnesium calms the nervous system and supports muscle and brain function. These greens help reduce inflammation, balance hormones, and support emotional regulation—making them essential for both physical and mental healing.

2. Berries: Nature's Antioxidant Powerhouses

Blueberries, strawberries, raspberries, and blackberries are packed with polyphenols that fight oxidative stress, one of the root causes of aging and chronic disease. Berries support brain health, memory, and mood, while also stabilizing blood sugar. Think of them as anti-aging medicine disguised as dessert.

3. Healing Fats: Avocado, Olive Oil, and Nuts

Healthy fats are critical for hormone production, brain health, and cellular repair. Avocados provide potassium and monounsaturated fats that reduce inflammation. Extra virgin olive oil supports heart health and longevity. Nuts and seeds—especially walnuts, almonds, chia, and flax—deliver omega-3 fatty acids that help calm inflammation and support emotional well-being. A brain starved of fat is a brain in distress.

4. Fermented Foods: Gut Healing, Mood Elevation

The gut is often called the second brain—and for good reason. Fermented foods like sauerkraut, kimchi, miso, kefir, and yogurt replenish beneficial bacteria that support digestion, immunity, and serotonin production. A healthy gut improves nutrient absorption and directly impacts anxiety, depression, and overall resilience.

5. Root Vegetables: Grounding and Restorative

Sweet potatoes, beets, carrots, and turnips nourish the adrenals and provide slow-burning carbohydrates that stabilize energy. These foods are grounding, warming, and especially supportive during times of stress or burnout. Beets, in particular, support liver detoxification and blood flow—key components of healing.

6. Healing Spices: Food as Medicine

Turmeric, ginger, garlic, and cinnamon have been used for centuries as medicinal tools. Turmeric reduces inflammation, ginger aids digestion, garlic boosts immunity, and cinnamon balances blood sugar. A pinch of the right spice can transform a meal into medicine.

7. Clean Water: The Most Overlooked Healing Tool

No healing diet is complete without proper hydration. Water supports detoxification, circulation, and cellular communication. Add lemon, minerals, or herbs to enhance its healing properties and increase absorption.

Final Thought

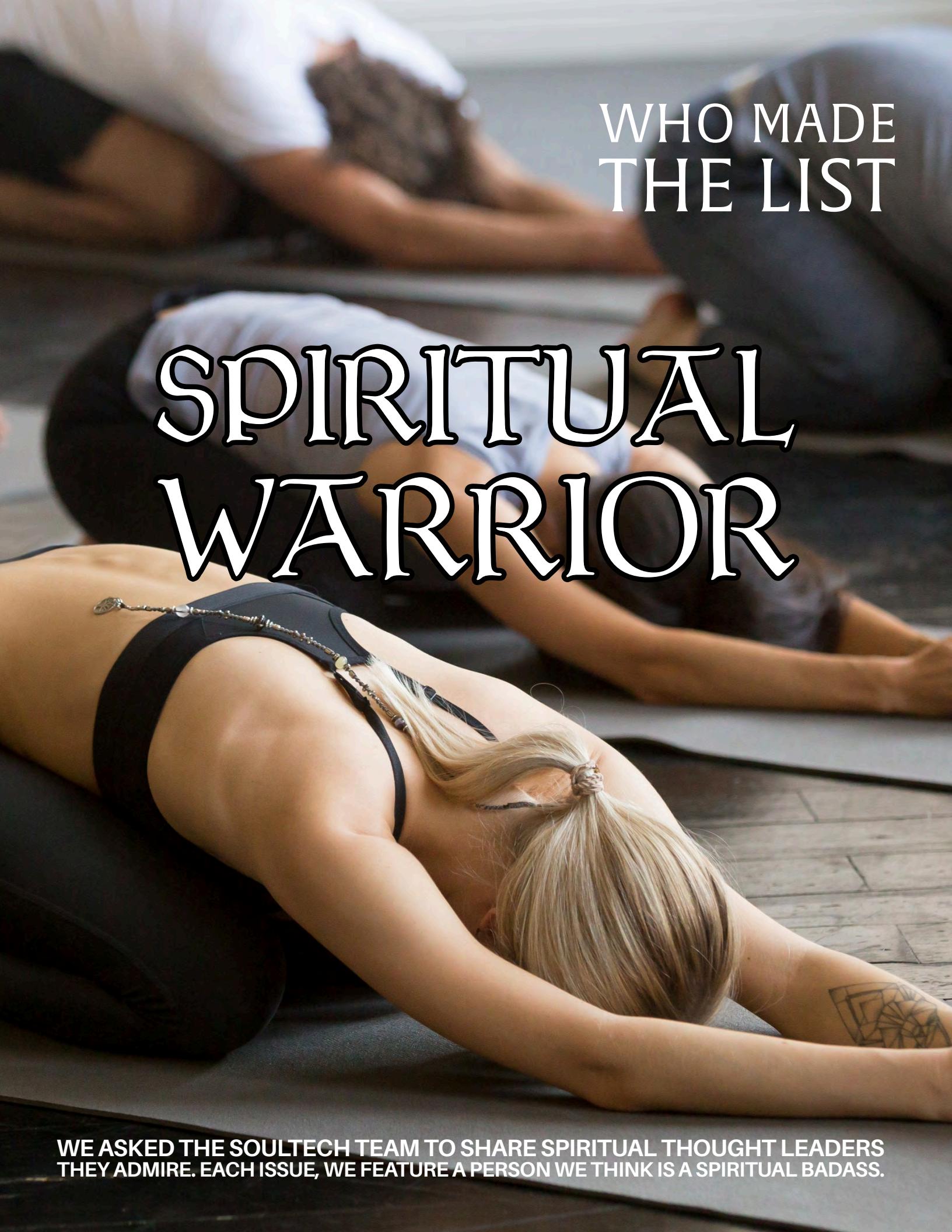
Healing foods work best when paired with mindfulness. Eat slowly. Breathe. Bless your food. When nourishment is chosen consciously, food becomes more than sustenance—it becomes a pathway back to balance, vitality, and higher consciousness. Your body is always listening. Feed it accordingly. ☺



CARLTON JONES



CARLTON JONES

A woman with blonde hair tied in a bun is performing a backbend on a grey mat. She is wearing a black leotard with a beaded chain detail. Her back is arched, and her legs are extended straight up. The background shows other people in similar poses, suggesting a group yoga or stretching session in a studio setting.

WHO MADE
THE LIST

SPIRITUAL WARRIOR

WE ASKED THE SOULTECH TEAM TO SHARE SPIRITUAL THOUGHT LEADERS THEY ADMIRE. EACH ISSUE, WE FEATURE A PERSON WE THINK IS A SPIRITUAL BADASS.

Legend

Nelson Mandela



EACH ISSUE WE
HONOR AN
INSPIRING TEACHER

Nelson Mandela: A Spiritual Leader of Forgiveness, Courage, and Moral Power

Nelson Mandela is remembered globally as a political revolutionary, but at his core, Mandela was also a profound spiritual leader—one whose life embodied forgiveness, inner mastery, and unwavering moral clarity.

Imprisoned for 27 years under South Africa's apartheid regime, Mandela endured isolation, hard labor, and systemic cruelty designed to break the human spirit. Yet instead of emerging hardened by hatred, he emerged refined by compassion. This transformation was not accidental; it was spiritual discipline. Mandela understood that true freedom begins within, and that bitterness would only extend his imprisonment beyond the prison walls.

One of his most powerful teachings was this: "Resentment is like drinking poison and then hoping it will kill your enemies." In choosing forgiveness over vengeance, Mandela demonstrated a level of consciousness that transcended politics. He recognized that healing a nation required healing the soul of both the oppressed and the oppressor. This perspective is deeply spiritual—rooted in the understanding of shared humanity and interconnection.

Mandela led with humility rather than ego. After becoming South Africa's first Black president, he refused to cling to power, serving only one term. In a world where leadership is often driven by control, image, and dominance, Mandela modeled restraint, service, and grace. His leadership was not about personal glory, but about collective liberation.

NIRVANA

A PSYCHIC'S WILD AND INSPIRING JOURNEY TO THE FINAL REBIRTH

A woman with long hair is silhouetted against a dark, star-filled background. She is looking out over a body of water, with the horizon line visible in the distance. The overall mood is mysterious and spiritual.

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THE PERFECTIONISM I THOUGHT WAS STRENGTH

By Shaman Isis

For most of my life, I wore perfectionism like a badge of honor.

I thought it meant I was disciplined.
Refined.
High-achieving.
Unstoppable.

It wasn't until I was deep into writing *Memory Mansion*—excavating memories, sitting with emotions I had spent decades outrunning—that I had a moment that genuinely stunned me:

My perfectionism wasn't ambition.
It was armor.

And that armor was forged in childhood.

The Realization That Changed Everything

When you grow up in instability, chaos, or emotional unpredictability, your nervous system adapts to survive. You become hyper-aware. Hyper-responsible. Hyper-vigilant.

Perfectionism, I came to understand, is often a trauma response disguised as excellence.

As a child, I learned—without anyone ever saying it out loud—that mistakes were dangerous. That being “good,” impressive, or invisible was safer than being messy, needy, or human. Control became comfort. Achievement became protection.

So I became exceptional.
But I also became exhausted.

Signs You Might Be Struggling With Perfectionism

Perfectionism isn't always obvious. In fact, it often hides behind praise and productivity. Here are some signs that it may be running the show:

You procrastinate—not because you're lazy, but because starting feels overwhelming

You're deeply uncomfortable being seen while you're still “figuring it out”

You tie your worth to outcomes, achievements, or external validation

You have an intense fear of failure—or success

You're incredibly hard on yourself but compassionate toward everyone else

You struggle to rest without guilt

You constantly feel like you could have done “more” or “better”

You rewrite emails, posts, or projects obsessively

You feel unsafe unless things are under control

If any of this resonates, please know this:

You didn’t choose this.

Your nervous system did.

Where Perfectionism Comes From

Perfectionism often develops in childhood environments where:

Love felt conditional

Praise was inconsistent or performance-based

Caregivers were emotionally unavailable, unpredictable, or critical

You were parentified or forced to “grow up” too soon

Mistakes led to punishment, shame, or withdrawal

You learned that being “easy” was safer than having needs

In these environments, perfectionism becomes a strategy to avoid rejection, abandonment, or harm. It’s the child’s way of saying:

“If I get this right, I’ll be safe.”

The tragedy is that the strategy stays long after the danger has passed.

The Cost of Being Perfect

Perfectionism doesn’t just steal joy—it steals presence.

It keeps you from:

Creating freely

Resting deeply

Asking for help

Celebrating yourself

Letting others truly know you



It convinces you that you’re never quite done, never quite enough, never quite there.

And yet—no amount of perfection ever delivers the safety it promises.

Gentle Ways to Heal Perfectionism

Healing perfectionism isn't about "letting yourself go" or lowering standards. It's about retraining your nervous system to feel safe without control.

Here are a few practices that helped me:

1. Separate Worth from Output

Remind yourself—daily if necessary—that your value is not created by productivity. You are worthy when you rest. You are worthy when you try. You are worthy when you fail.

2. Practice "Good Enough" on Purpose

Choose small, low-stakes areas of life where you allow things to be imperfect. Notice that nothing terrible happens. Your body needs proof.

3. Get Curious, Not Critical

When perfectionism shows up, ask:

"What is this part of me afraid of right now?"

There is almost always a younger version of you asking for safety.

4. Slow Down the Body

Perfectionism lives in the nervous system. Breathwork, yoga, walking, meditation, and somatic practices help your body learn that the threat has passed.

5. Rewrite the Inner Narrative

Instead of "I have to get this right," try:

"I'm allowed to learn as I go."

"I am safe even when I'm unfinished."

"This does not define me."

6. Allow Yourself to Be Seen Mid-Process

Let someone witness you before you're "ready." This gently dismantles the belief that love requires polish.

From Armor to Authenticity

Writing Memory Mansion cracked something open in me. It showed me that the parts of myself I once tried to perfect away were never flaws—they were adaptations.

And once you honor the adaptation, you no longer need to live inside it.

Perfectionism kept me alive.

But softness let me live.

If you're struggling with perfectionism, I want you to hear this clearly:

There is nothing wrong with you.

Your system learned how to survive.

Now it's allowed to learn how to rest.

And that, beautiful soul, is where true freedom begins.



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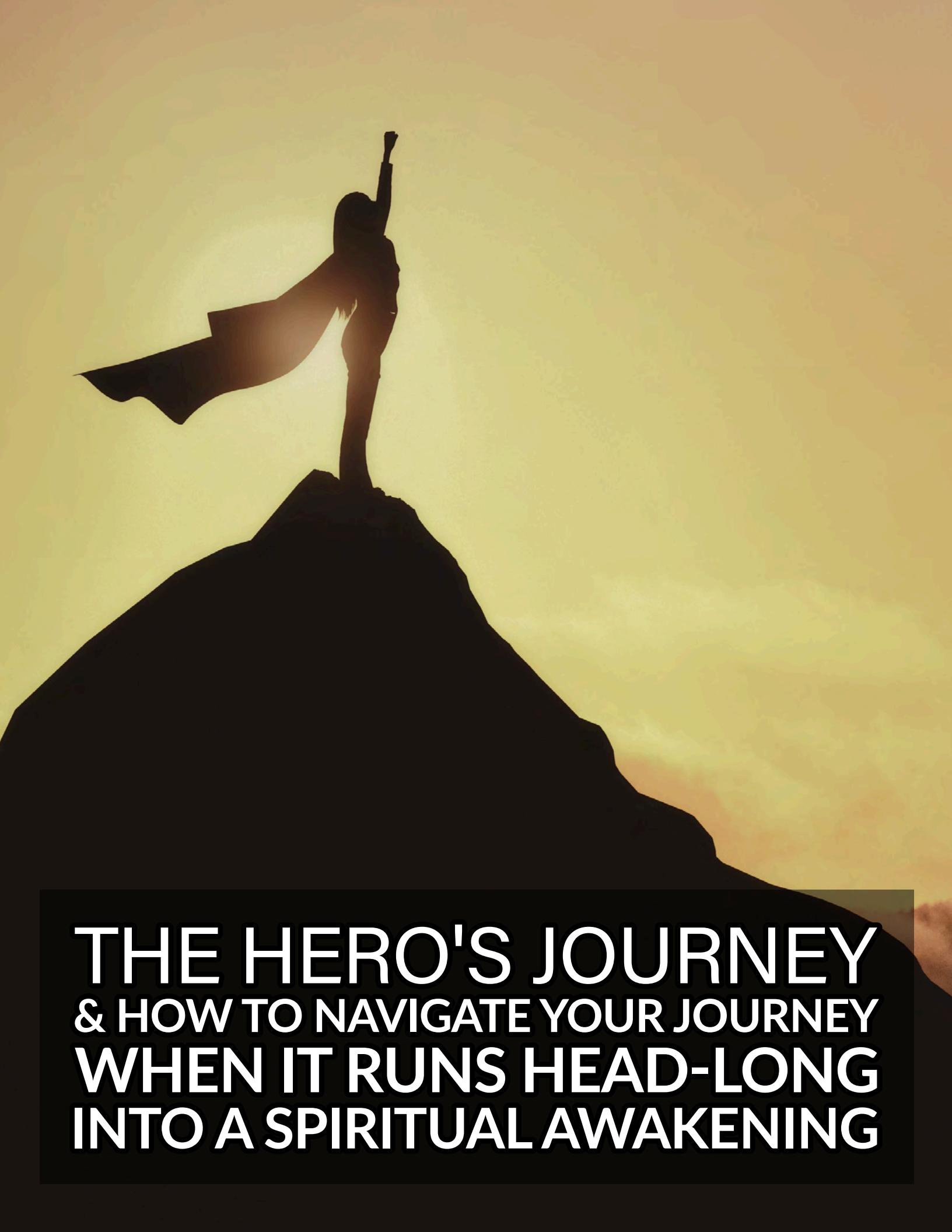
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**THE HERO'S JOURNEY
& HOW TO NAVIGATE YOUR JOURNEY
WHEN IT RUNS HEAD-LONG
INTO A SPIRITUAL AWAKENING**

I didn't wake up one morning and declare, "Today feels like a great day for a spiritual awakening." No one does. A true awakening doesn't arrive with incense and a soundtrack—it arrives like a cosmic shove, right when your old life no longer fits and your soul refuses to keep playing small.

This is the hero's journey, and if you're on it, congratulations and my condolences. You've been chosen—not because it's easy, but because you're capable.

The hero's journey begins with discomfort. Restlessness. That low hum of dissatisfaction that won't shut up no matter how busy, successful, or "together" you appear. For me, it came after I'd checked all the boxes society promised would equal fulfillment. The career. The image. The hustle. Yet something inside me whispered, This isn't it. That whisper becomes a roar if ignored long enough.

Maximizing your hero's journey starts with listening instead of numbing. Most people anesthetize themselves at this stage—through work, substances, relationships, or spiritual bypassing dressed up as positivity. Don't. Sit in the discomfort. Journal it. Walk with it. Let it speak. The call to adventure doesn't repeat itself forever.

Then comes the collapse of identity. This is where spiritual awakening tends to slam into you headlong. The things you once valued fall apart. People you love may no longer resonate. Your old ambitions feel hollow. This phase can feel terrifying because the ego is dying—and it will fight like hell to survive. You may feel grief, anger, confusion, even depression. This does not mean you are broken. It means you are shedding skin.

Here's the truth most spiritual influencers won't tell you: awakening is messy. It's lonely. It's disorienting. You may question everything—religion, success, relationships, even your own sanity. Ground yourself. Eat real food. Touch the earth. Move your body. Spiritual awakening without embodiment turns into spiritual psychosis. You are here to be human and divine.

To maximize the journey, you must befriend your shadow. The hero does not ascend by pretending to be light-only. You will meet your fear, rage, shame, abandonment wounds, and patterns you swore you'd outgrown. Meet them with curiosity instead of judgment. Shadow work is not punishment—it is liberation. Every part of you wants to belong.

Guides appear when you're ready, not when you're desperate. Teachers, books, synchronicities, and mentors will cross your path. Take what resonates. Leave the rest. No one outside of you holds the map—you are remembering what you already know. Discernment is a spiritual skill. If something requires you to abandon your sovereignty, run.

At some point, the journey turns from survival to service. Your pain alchemizes into wisdom. Your story becomes medicine. This doesn't mean you have to become a healer, teacher, or public figure. It means you live more truthfully. You love more bravely. You stop betraying yourself to keep the peace.

And yes—there will be moments you long for your old life. That's normal. But you cannot unknow what you now know. Once consciousness expands, it does not contract. The hero doesn't go back to sleep.

If you are in the thick of it, hear me clearly: **you are not lost—you are being initiated.** Trust the intelligence of the process. Walk forward even when the path feels invisible. The hero's journey doesn't make you special—it makes you authentic.

And authenticity, beautiful soul, is the real magic.



TIPS FOR MAXIMIZING YOUR AWAKENING

A spiritual awakening is not a finish line—it's an initiation. Once the veil lifts, you don't get a map, a manual, or a customer support number. You get awareness. And what you do with that awareness determines whether your hero's journey becomes an embodied ascension or a prolonged spiritual free-fall.

First, slow down. Awakening floods your system with insight, energy, and emotion. The instinct is to overhaul your entire life overnight—quit your job, end relationships, announce your enlightenment on social media. Don't. Integration is more powerful than impulsive action. Give yourself time to metabolize the shift. Wisdom moves slower than revelation.

Second, anchor your awakening in the body. Meditate, yes—but also walk, stretch, breathe, dance, and rest. Eat clean, drink water like it matters (because it does), and respect your nervous system. The body is not something you transcend; it is the vessel that allows higher consciousness to live here on Earth. If you're dissociating, you're not ascending—you're ungrounded.

Third, practice radical self-honesty. Awakening removes the filters that once protected your illusions. You will see where you've betrayed yourself, where you've chosen comfort over truth, where ego disguised itself as virtue. This is not a call for shame—it's a call for courage. Growth accelerates when you stop lying to yourself.

Fourth, curate your influences. Not everyone who speaks in spiritual language is awake, and not everyone awake is meant to guide you. Be discerning about teachers, communities, and content. If something creates fear, hierarchy, dependency, or superiority, step back. True awakening returns you to sovereignty, not submission.

Fifth, create a daily integration ritual. It doesn't need to be elaborate. Journaling, breathwork, intention setting, or silent reflection are enough. The point is consistency. Your higher self speaks in whispers, not chaos. Make space to listen.

Sixth, allow grief without drama. You will mourn old versions of yourself, relationships that can't follow you, and dreams that no longer fit. Let the grief move through you without attaching a story that something has gone wrong. Endings are sacred. They clear the ground for truth.

Finally, remember that awakening is meant to be lived, not performed. You don't need to look spiritual, sound enlightened, or convince anyone of your transformation. Your presence will speak for you. Kindness deepens. Boundaries sharpen. Integrity becomes non-negotiable.

Your hero's journey isn't about escaping the world—it's about meeting it with open eyes and an awakened heart. Walk it slowly. Walk it honestly. Walk it embodied.

That is how awakening becomes wisdom instead of overwhelm.



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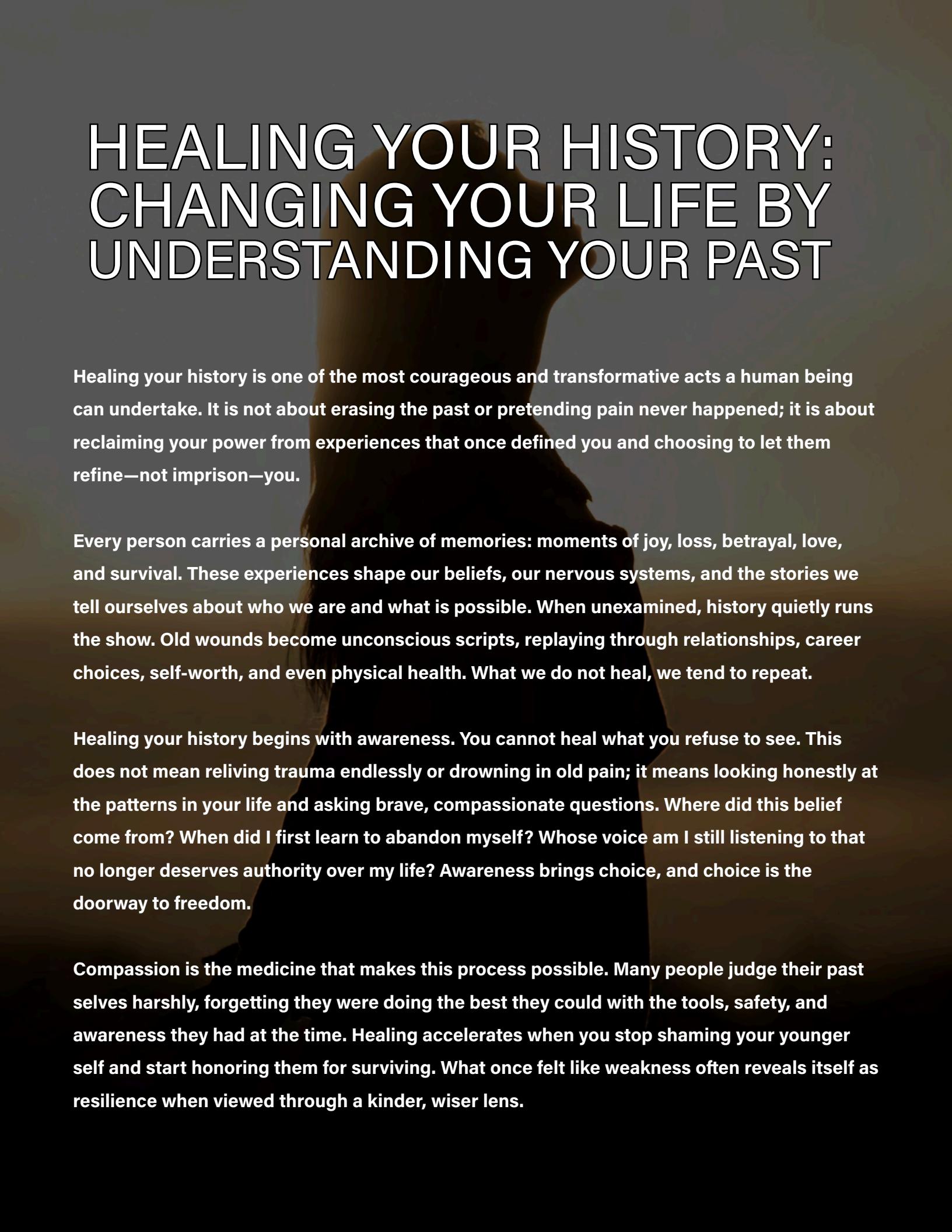


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HEALING YOUR HISTORY: CHANGING YOUR LIFE BY UNDERSTANDING YOUR PAST



Healing your history is one of the most courageous and transformative acts a human being can undertake. It is not about erasing the past or pretending pain never happened; it is about reclaiming your power from experiences that once defined you and choosing to let them refine—not imprison—you.

Every person carries a personal archive of memories: moments of joy, loss, betrayal, love, and survival. These experiences shape our beliefs, our nervous systems, and the stories we tell ourselves about who we are and what is possible. When unexamined, history quietly runs the show. Old wounds become unconscious scripts, replaying through relationships, career choices, self-worth, and even physical health. What we do not heal, we tend to repeat.

Healing your history begins with awareness. You cannot heal what you refuse to see. This does not mean reliving trauma endlessly or drowning in old pain; it means looking honestly at the patterns in your life and asking brave, compassionate questions. Where did this belief come from? When did I first learn to abandon myself? Whose voice am I still listening to that no longer deserves authority over my life? Awareness brings choice, and choice is the doorway to freedom.

Compassion is the medicine that makes this process possible. Many people judge their past selves harshly, forgetting they were doing the best they could with the tools, safety, and awareness they had at the time. Healing accelerates when you stop shaming your younger self and start honoring them for surviving. What once felt like weakness often reveals itself as resilience when viewed through a kinder, wiser lens.

The body plays a critical role in healing history. Trauma is not only remembered cognitively; it is stored somatically. Long after an event has passed, the body may remain in a state of protection or hypervigilance. Practices such as breathwork, movement, meditation, sound healing, and conscious rest can access places words cannot reach. When the body feels safe, the mind can finally loosen its grip on outdated defenses and limiting beliefs.

Healing your history also requires forgiveness—but not the kind that bypasses truth. Real forgiveness does not excuse harm; it releases you from carrying it. Sometimes forgiveness is directed toward others. Often, it is directed inward. Forgiving yourself for not knowing sooner, not leaving earlier, not being stronger, quieter, louder, or different. Self-forgiveness is one of the most liberating acts of self-love.

As you heal, something remarkable happens: your story stops being a wound and starts becoming wisdom. Your past becomes a source of empathy, depth, and discernment. You no longer react from old pain; you respond from present awareness and grounded power.

Healing your history is not a one-time event—it is a living, evolving relationship with yourself. And with each layer healed, you reclaim more joy, clarity, self-trust, and freedom to live fully, consciously, and unapologetically in the now.



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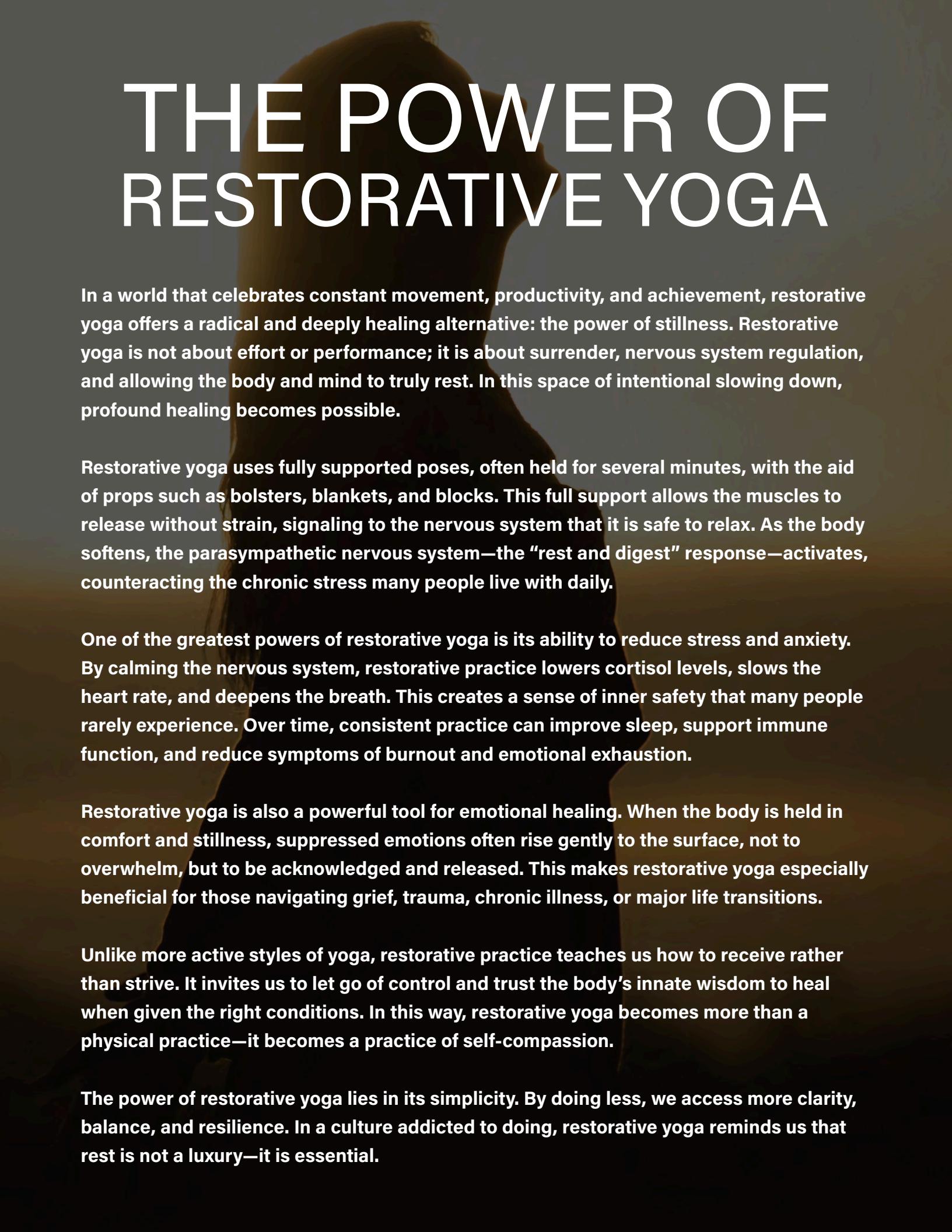
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THE POWER OF RESTORATIVE YOGA



In a world that celebrates constant movement, productivity, and achievement, restorative yoga offers a radical and deeply healing alternative: the power of stillness. Restorative yoga is not about effort or performance; it is about surrender, nervous system regulation, and allowing the body and mind to truly rest. In this space of intentional slowing down, profound healing becomes possible.

Restorative yoga uses fully supported poses, often held for several minutes, with the aid of props such as bolsters, blankets, and blocks. This full support allows the muscles to release without strain, signaling to the nervous system that it is safe to relax. As the body softens, the parasympathetic nervous system—the “rest and digest” response—activates, counteracting the chronic stress many people live with daily.

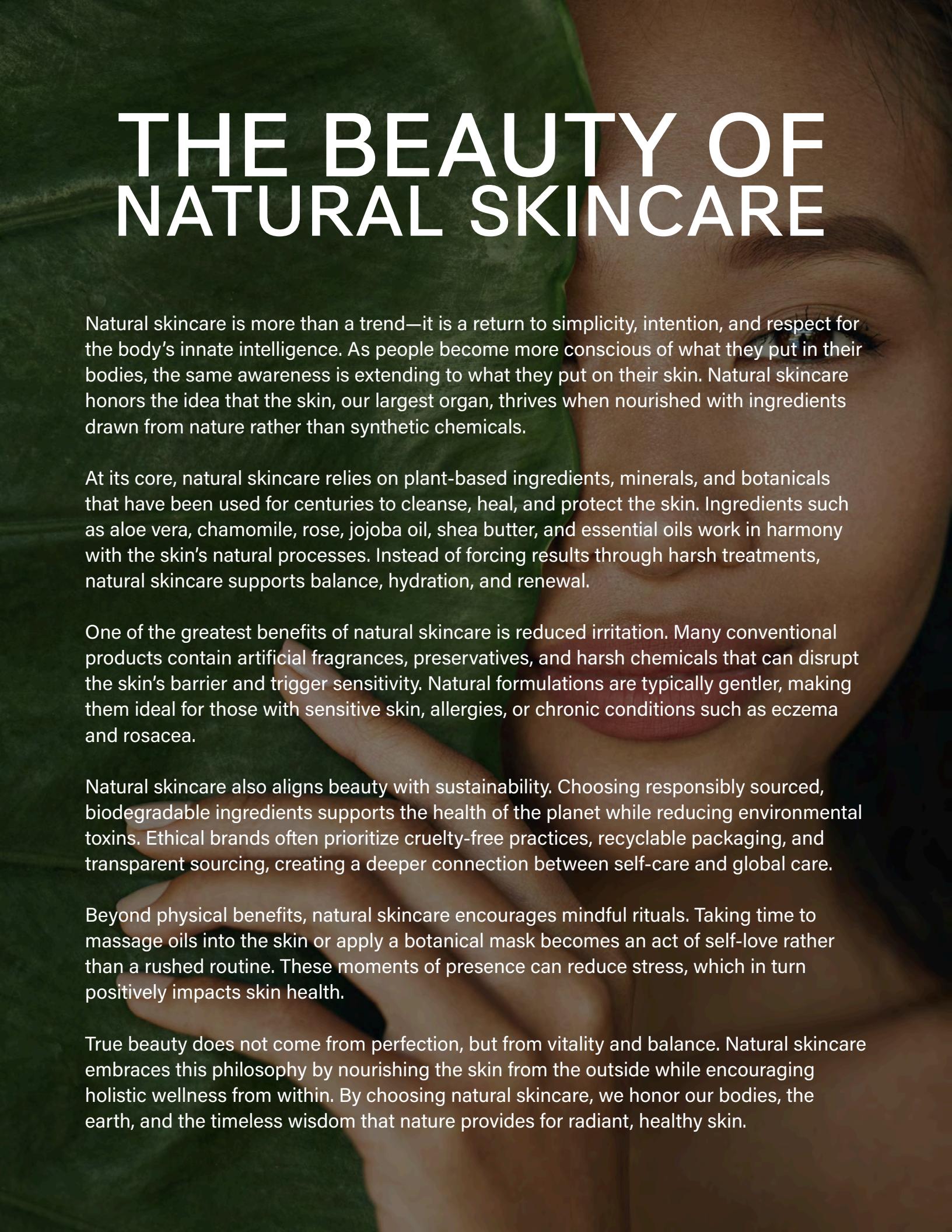
One of the greatest powers of restorative yoga is its ability to reduce stress and anxiety. By calming the nervous system, restorative practice lowers cortisol levels, slows the heart rate, and deepens the breath. This creates a sense of inner safety that many people rarely experience. Over time, consistent practice can improve sleep, support immune function, and reduce symptoms of burnout and emotional exhaustion.

Restorative yoga is also a powerful tool for emotional healing. When the body is held in comfort and stillness, suppressed emotions often rise gently to the surface, not to overwhelm, but to be acknowledged and released. This makes restorative yoga especially beneficial for those navigating grief, trauma, chronic illness, or major life transitions.

Unlike more active styles of yoga, restorative practice teaches us how to receive rather than strive. It invites us to let go of control and trust the body’s innate wisdom to heal when given the right conditions. In this way, restorative yoga becomes more than a physical practice—it becomes a practice of self-compassion.

The power of restorative yoga lies in its simplicity. By doing less, we access more clarity, balance, and resilience. In a culture addicted to doing, restorative yoga reminds us that rest is not a luxury—it is essential.

THE BEAUTY OF NATURAL SKINCARE

A close-up photograph of a woman's face. A single green leaf is resting on her cheek, partially covering her eye. Her skin appears smooth and hydrated. The lighting is soft, highlighting the texture of her skin and the veins on her forehead.

Natural skincare is more than a trend—it is a return to simplicity, intention, and respect for the body's innate intelligence. As people become more conscious of what they put in their bodies, the same awareness is extending to what they put on their skin. Natural skincare honors the idea that the skin, our largest organ, thrives when nourished with ingredients drawn from nature rather than synthetic chemicals.

At its core, natural skincare relies on plant-based ingredients, minerals, and botanicals that have been used for centuries to cleanse, heal, and protect the skin. Ingredients such as aloe vera, chamomile, rose, jojoba oil, shea butter, and essential oils work in harmony with the skin's natural processes. Instead of forcing results through harsh treatments, natural skincare supports balance, hydration, and renewal.

One of the greatest benefits of natural skincare is reduced irritation. Many conventional products contain artificial fragrances, preservatives, and harsh chemicals that can disrupt the skin's barrier and trigger sensitivity. Natural formulations are typically gentler, making them ideal for those with sensitive skin, allergies, or chronic conditions such as eczema and rosacea.

Natural skincare also aligns beauty with sustainability. Choosing responsibly sourced, biodegradable ingredients supports the health of the planet while reducing environmental toxins. Ethical brands often prioritize cruelty-free practices, recyclable packaging, and transparent sourcing, creating a deeper connection between self-care and global care.

Beyond physical benefits, natural skincare encourages mindful rituals. Taking time to massage oils into the skin or apply a botanical mask becomes an act of self-love rather than a rushed routine. These moments of presence can reduce stress, which in turn positively impacts skin health.

True beauty does not come from perfection, but from vitality and balance. Natural skincare embraces this philosophy by nourishing the skin from the outside while encouraging holistic wellness from within. By choosing natural skincare, we honor our bodies, the earth, and the timeless wisdom that nature provides for radiant, healthy skin.

How to Do Box Breathing

Box breathing is a simple yet powerful breathing technique used to calm the nervous system, sharpen focus, and reduce stress. Also known as square breathing, it is widely used by athletes, first responders, and mindfulness practitioners because it can quickly bring the body and mind back into balance. The beauty of box breathing lies in its simplicity—you can do it anywhere, anytime, with no special equipment.

To begin, find a comfortable seated position or lie down if that feels better. If possible, place one hand on your belly to help you stay aware of your breath. Gently close your eyes or soften your gaze.

Start by slowly exhaling all the air from your lungs.

Step one: Inhale.

Breathe in through your nose for a slow count of four. Allow the breath to expand your belly first, then your chest.

Step two: Hold.

Hold your breath at the top of the inhale for a count of four. Stay relaxed—there should be no strain or tension.

Step three: Exhale.

Slowly exhale through your mouth or nose for a count of four, fully releasing the air from your lungs.

Step four: Hold.

Pause at the bottom of the exhale for another count of four before beginning the next inhale.

This completes one “box.” Continue this cycle for four to six rounds, or longer if it feels comfortable. The equal lengths of inhale, hold, exhale, and hold create a steady rhythm that signals safety to the nervous system, shifting the body out of fight-or-flight and into a calm, regulated state.

Box breathing is especially helpful during moments of anxiety, overwhelm, or mental fatigue. It can also be used before sleep, before an important conversation, or anytime you need to reset your energy.

With regular practice, box breathing builds emotional resilience, improves concentration, and enhances your ability to respond rather than react. Sometimes, the most powerful tool for change is simply remembering how to breathe.

THE ATTITUDE WE WEAR

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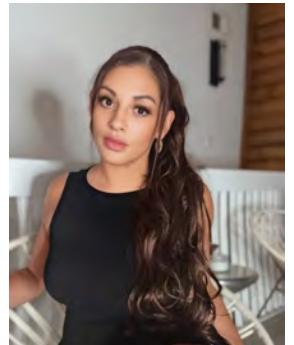
A close-up photograph of a woman with dark hair, smiling broadly. She is holding a white sand dollar with black spots over her right eye. She is wearing a black top and a silver chain necklace. Her hands, which have red-painted fingernails, are visible as she holds the sand dollar. The background is a blurred outdoor scene, possibly a beach or coastal area.

KARLA MARCHI
Intuitive Healer
Casa Alternavida
Rio Grande Puerto Rico

Special Contributors

Fab Bliss is a native New Yorker whose path has been a wild journey from the world of entertainment media and public relations to the holistic & sensual arts. She graduated from The New School for Social Research in 1996 as an already published author and launched MIA, the first English-language Latino lifestyle magazine, in the same year. Her freelance journalism career ran the gamut of the NY culture scene from being a nightlife reporter for Paper and Next magazines, to entertainment columnist for the NY Post to having her very own relationship advice column for BET.Com. She has written for a variety of major publications both in print and online and worked as a publicist for NBC news.

In 2003 Fab took a hiatus from the accelerated pace of content creation to pursue her passion for holistic healing and spent many years studying the esoteric practices of tantra, yoga, and shamanic breathwork. As a certified Tantra instructor and life coach, she brings a unique perspective to her work and is passionate about turning people on—not simply in a physical sense, but to experiencing sensuality as a gateway to the wisdom of your body, mind and spirit. Currently she is the CEO of Bliss Bodytemple, a multi-tiered collective of brands that promote holistic sensuality through bodywork, wellness retreats, and events.



Carlton Jones began turning heads early in his career as the stylist to begin the transformation of the image of Queen Latifah from rapper to the beautiful songstress we know today. With over two decades of experience serving as an image consultant, fashion director, style correspondent and wardrobe designer, Carlton began combining his love of style and fashion, with elation received from traveling to some of the most breathtaking destinations imaginable. The genesis of his eponymous, resort-inspired collection utilizes his experience dressing bodies, ranging from Halle Berry and Erykah Badu to Aretha Franklin and Michelle Obama

As a result of this aptitude and ambition, in 2020 Carlton became one of the recipients selected for the Icon 360 x A Common Thread \$1 Million Grant facilitated by The CFDA and VOGUE. These resources fuels Carlton's ambition to create travel inspired clothing that are suitable for the streets of any metropolitan city. Carlton has fused his fondness of relaxed fluidity, sensual fabrics, colors and prints along with a seasoned ability to forgive and accentuate. With that, aesthetic comes the brand's anchoring belief; Resort isn't a destination; it's a Feeling!

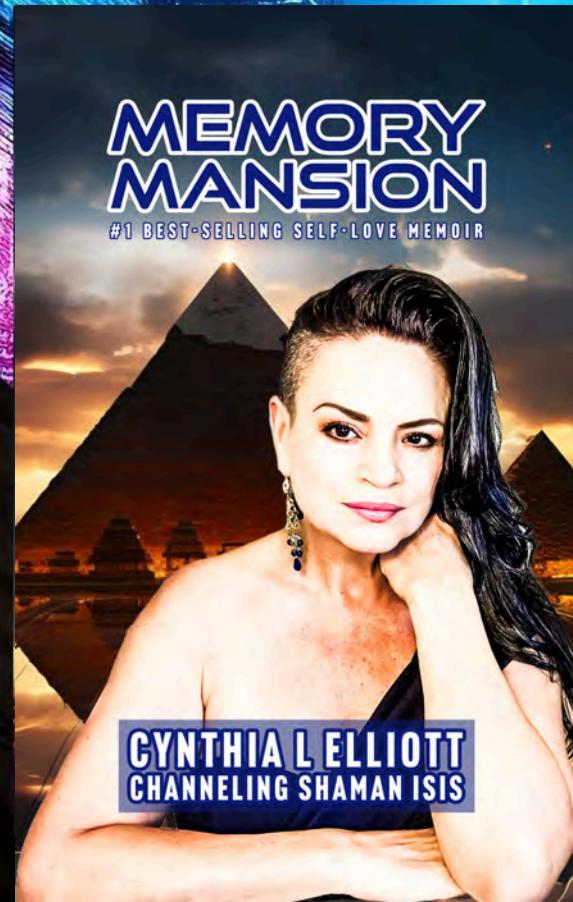
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