

Like

Tweet

in



**February, 2026**

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## **Taking Pause**

### **The Sacred Space Between Breath and Becoming**

There are seasons in life when movement is necessary — when we build, travel, teach, serve, and give. And there are seasons when Spirit gently whispers:

Pause.

Since August of 2025, I have been mostly quiet.

Not absent.

Not retreating.

But listening.

After guiding our beautiful community through the Pilgrimage of Light in Egypt, walking the ancient stones, praying inside temples older than memory, and

witnessing the profound transformations that unfolded for so many of us, I returned home knowing something deeply in my bones:

It was time to stop.

Time to integrate.

Time to breathe.

Time to be still enough to hear my own consciousness speak.

Because pause is not emptiness.

Pause is gestation.

In our modern world we are taught that productivity equals worth. But the ancient traditions — the ones I trust — teach something very different:

Creation is born from stillness.

Every ceremony.

Every prayer.

Every birth.

Every star.

All emerge from the womb of silence.

And in that silence, something beautiful happened.

While I appeared quiet on the outside, life was moving powerfully within.

New works were born.

- The  
Trivium  
—  
reclaiming  
the  
lost  
tools  
of  
thinking,  
language,  
and  
wisdom
- The  
Alchemical  
Path  
of

Yoga

—

my  
collaboration  
with  
Tracy  
Shearer,  
guiding  
yoga  
as  
a  
living  
inner  
transformation

- Women  
Rising:  
The  
Power  
of  
Becoming,  
where  
I  
share  
my  
story  
Evolution
- New  
retreats,  
new  
teachings,  
new  
offerings  
forming  
themselves  
with  
care  
and  
intention

These are not projects I forced into existence.

They were birthed.

There is a difference.

When we allow ourselves to pause, we create from consciousness — not from urgency.

And now, as we step into 2026, I feel that quiet stirring of emergence again.

This coming year, I will be gathering in sacred places around the world:

- Bali

—

deepening  
into  
light  
and  
remembrance

- Iceland

—

walking  
with  
the  
elements  
and  
the  
ancestors  
of  
fire  
and  
ice

- Australia

—

offering  
ceremonial  
drum-  
making  
and  
honoring  
the  
land,  
with  
time  
set  
aside  
for  
my  
own  
walkabout  
to  
Uluru,  
Ayers  
Rock

Each journey is an invitation not just to travel... but to return to yourself.  
I am deeply grateful to every soul who walked with me in Egypt. The Pilgrimage of Light was truly a game changer — not only for those who attended, but for me as well. Your presence, your courage, your prayers changed me.  
Thank you.

And thank you to each of you who has remained connected during this quieter season. Your patience and love have allowed me the space to listen deeply and create authentically.

If there is one thing I wish to share with you now, it is this:

Give yourself permission to pause.

Not because you are tired.

Not because something is wrong.

But because something new is trying to be born.

Pause is not stopping.

Pause is becoming.

And truly... this is only the beginning.

With gratitude and love,

Enolia

Grandmother, Elder, Dr.

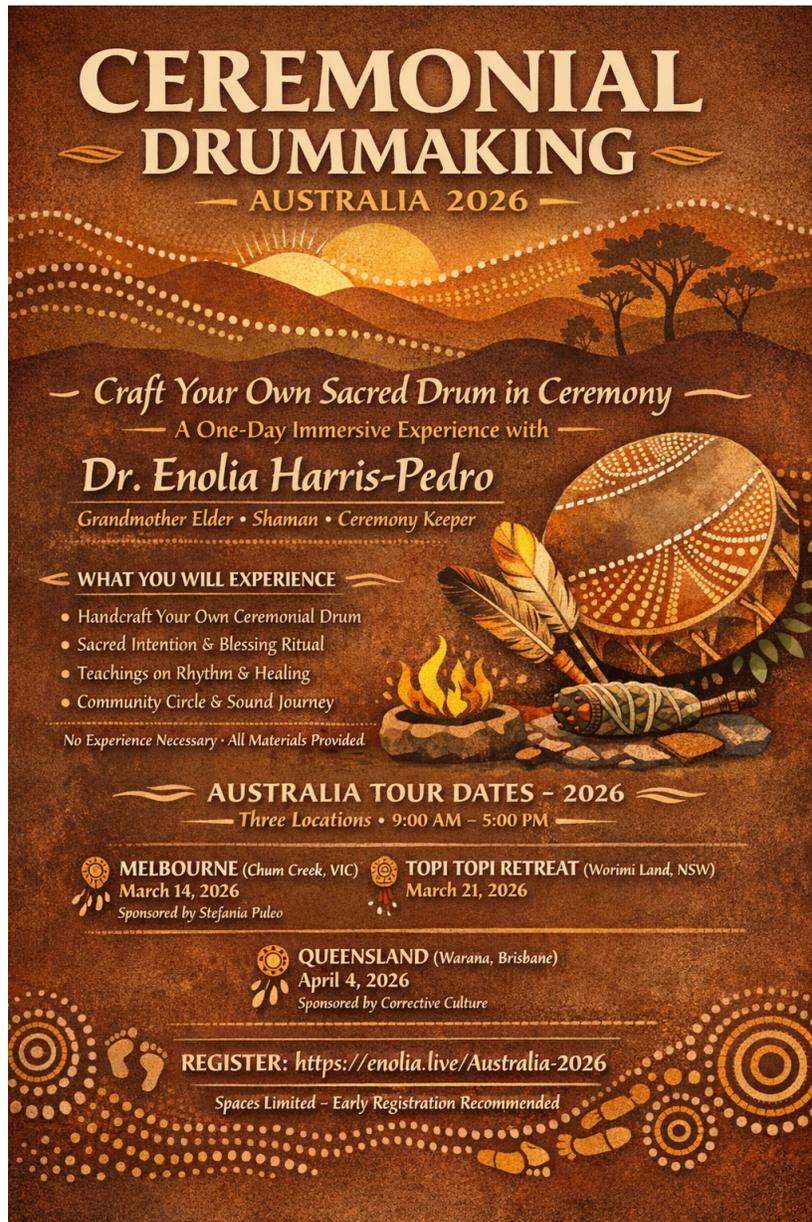
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**What 's New!**

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**AUSTRALIA 2026**

**MELBOURNE - SYDNEY - BRISBANE**



## CEREMONIAL DRUMMAKING – AUSTRALIA 2026

### Craft Your Own Sacred Drum in Ceremony

There is something ancient that awakens when we sit in circle...  
when our hands touch the hide...  
when rhythm becomes prayer...  
when the drum begins to breathe with us.

I am honored to be invited to bring this one-day ceremonial drummaking experience to Australia in 2026.

This is not simply a workshop.

It is a rite of passage.

Together, we will gather in sacred space to:

- \* Handcraft your own medicine drum and beater
- \* Work with natural materials in reverence

- \* Set personal intention and prayer
- \* Participate in blessing and sound ceremony
- \* Learn how to use your drum for healing, meditation, and journeying
- \* Your drum becomes a companion... a heartbeat... a voice for Spirit.

No experience is needed.

All materials are provided.

Just bring your open heart.

### **AUSTRALIA TOUR DATES (9am–5pm each day)**

#### **Melbourne – Chum Creek, VIC**

March 14, 2026

Sponsored by Stefania Puleo

#### **Topi Topi Retreat – Worimi Land, NSW**

March 21, 2026

#### **Queensland – Warana (Brisbane)**

April 4, 2026

Sponsored by Corrective Culture

Spaces are intentionally limited to keep the circle intimate.

Register and Learn More at: [Learn More Here and Register](#)

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## **BALI - OCTOBER 2026**

# BALI 2026

## SPIRITUAL RETREAT

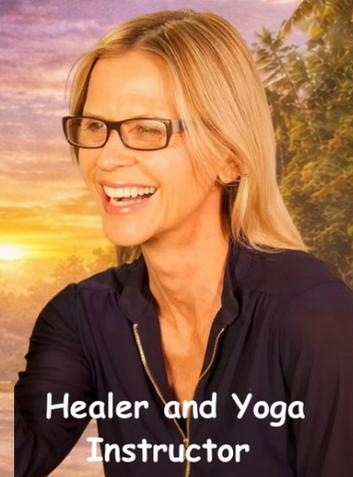
*Transform · Heal · Expand Your Soul*

**October 23-30, 2026**

*Bali, Indonesia*



**Grandmother Elder  
and Shaman**  
Dr. Enolia



**Healer and Yoga  
Instructor**  
Julianne Reynolds



**All genders invited**



**Men and Women welcome**



**Meditation, Breathwork & Balinese Culture**



**Connect with Nature & Your True Self**

**Learn More & Register: <https://enolia.live/bali-2026>**

**BALI 2026 SPIRITUAL RETREAT — October 23–30,  
2026**

There are places on Earth where the veil feels thin...  
where the land remembers...  
where healing happens naturally.  
Bali is one of those places.

I invite you to join us for a sacred week of renewal, ceremony, and deep inner alignment in the heart of Bali, Indonesia.

Together with Julianne Reynolds — Healer & Yoga Instructor, I will be holding this retreat as Grandmother Elder & Shaman, guiding you through practices that reconnect you to your body, your spirit, and your true nature.

This is not just travel.

This is pilgrimage.

This is remembrance.

What we'll experience together:

- Sacred ceremonies & healing practices
- Meditation & breathwork
- Yoga & energy alignment
- Balinese culture & temple visits
- Nature immersion & soul restoration
- Community, reflection, and transformation

All genders welcome — men and women invited

If you've been feeling the call for deeper healing, clarity, or a reset... this may be your moment.

**Location:** Bali, Indonesia

**Date:** October 23–30, 2026

**Learn more about the itinerary & register here:** <https://enolia.live/bali-2026>

**Spaces will be intentionally limited to keep the circle intimate.**

Come as you are.

Leave renewed.

With love,

Enolia

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**ICELAND - 2026**

# AWAKEN TO THE MAGIC OF ICELAND

November 11th - 17th, 2026



## SACRED SKY SPIRIT RETREAT HEALING UNDER THE NORTHERN LIGHTS



- SHAMANIC ENERGY & RAINDROP SESSIONS
- GEOTHERMAL HOT SPRINGS & MINERAL-RICH WATER POOL
- POWERFUL GUIDED MEDITATIONS & SACRED CEREMONIES
- EXPERIENCE THE MAGIC OF ICELAND'S NATURE & SPIRIT!

GRANDMOTHER ENOLIA  
MEDICINE WOMAN



KERON DUFRESNE  
MEDICINE WOMAN



Join Grandmother Enolia and Keron to immerse yourself in a transformative all-inclusive retreat in enchanting Iceland. Explore its breathtaking landscapes and natural wonders while connecting deeply to your inner spirit.



[WWW.ENOLIA.LIVE/ICELAND-2026](http://WWW.ENOLIA.LIVE/ICELAND-2026)

## Awaken to the Magic of Iceland

### Sacred Sky Spirit Retreat

WHEN: November 11–17, 2026

There are places on Earth where the veil feels thin...  
where water heals, light speaks, and the land itself remembers you.

Iceland is one of those places.

Join us beneath the Northern Lights for a deeply restorative, ceremonial journey of renewal, connection, and sacred healing.

This intimate, all-inclusive retreat experience includes:

- Shamanic  
Energy  
&  
Raindrop  
Healing  
Sessions
- Geothermal  
hot  
springs  
&  
mineral-  
rich  
waters
- Meditation,  
breathwork  
&  
sacred  
ceremony
- Nature  
immersion  
&  
guided  
excursions
- Northern  
Lights  
stargazing
- Private  
villa  
sanctuary  
in  
Laugarvatn  
Guided  
by:

Grandmother Enolia – Medicine Woman

Keron Dufresne (Running Wolf) – Medicine Woman

Together we will gather in circle, reconnect with the elements, release what no longer serves, and remember who we truly are — supported by the living medicine of Iceland's fire, water, air, and light.

If you feel called... trust that.

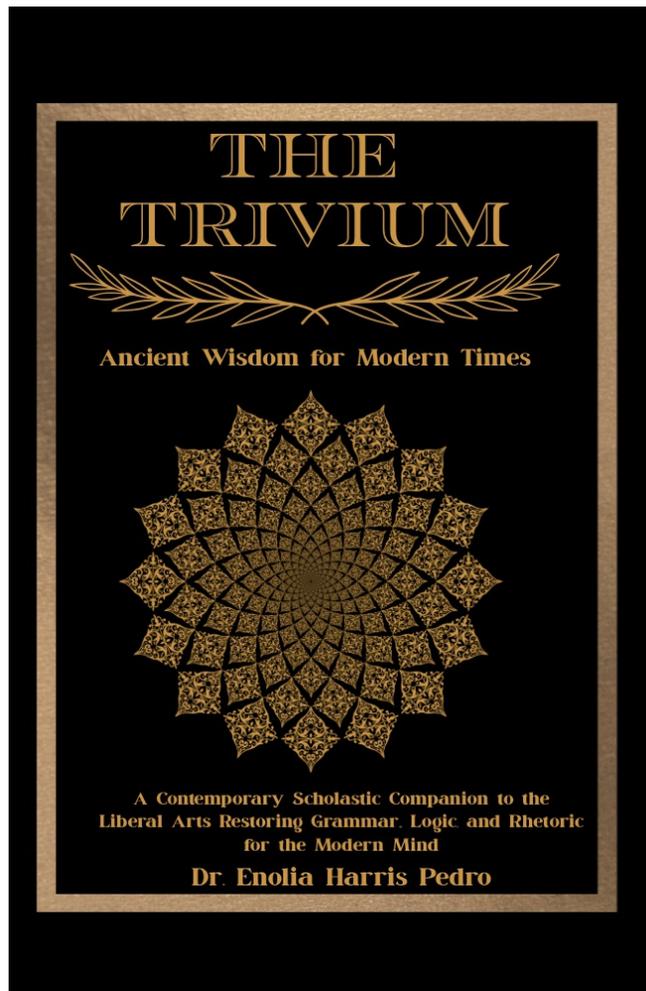
**Learn more & reserve your space:**

[Learn More and Register Here](#)

Spaces are limited for this sacred container.  
Come walk with us under the aurora.  
Come heal with the land.  
Come home to yourself.

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## ANNOUNCING MY NEW BOOKS!



**The Trivium: Ancient Wisdom for Modern Times**  
**A Contemporary Scholastic Companion to the Liberal**  
**Arts**

**by Dr. Enolia Harris Pedro**

For more than two thousand years, the **Trivium—Grammar, Logic, and**

**Rhetoric**—formed the foundation of classical liberal arts education, shaping how human beings learned to think, reason, and speak truthfully. In *The Trivium: Ancient Wisdom for Modern Times*, Dr. Enolia Harris Pedro presents a contemporary scholastic restoration of these foundational disciplines as a living philosophy of knowledge rather than a historical artifact.

Rooted in Aristotelian logic, Platonic philosophy, and Thomistic metaphysics, this work restores the Trivium as an integrated system governing the operations of the intellect: apprehension, judgment, and reasoning. Grammar is examined as the structure of thought and meaning, logic as the discipline of sound judgment, and rhetoric as ethical and truthful expression. Together, these arts form a coherent path of intellectual formation.

This book stands in scholarly continuity with Sister Miriam Joseph's *The Trivium: The Liberal Arts of Grammar, Logic, and Rhetoric* (1947), honoring her contribution while extending the Trivium into modern philosophical, educational, and metaphysical contexts. It is written not as a commentary or summary, but as a contemporary companion for serious students of philosophy, education, and sacred science.

Integrating epistemology and metaphysics, *The Trivium: Ancient Wisdom for Modern Times* addresses the nature of knowledge, truth, and being, offering readers a disciplined framework for clear thinking in an age of intellectual fragmentation. It is intended for philosophers, educators, classical education advocates, and readers seeking the enduring foundations of critical thinking and coherent understanding.

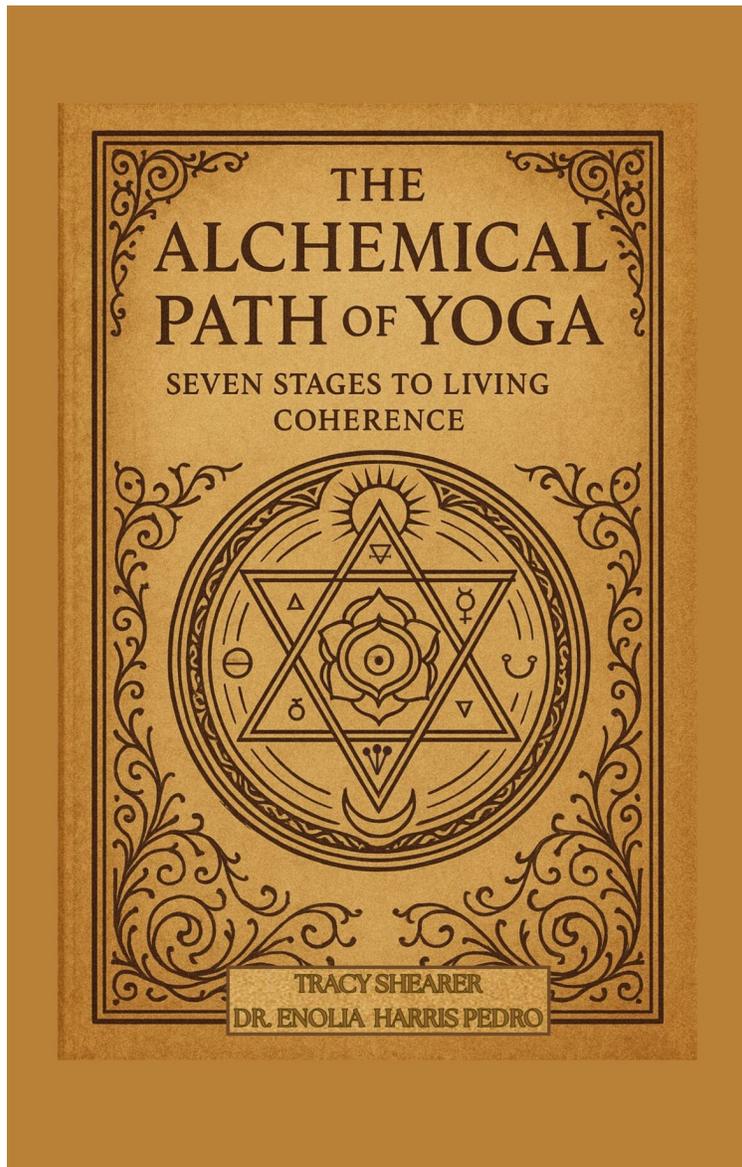
This is not a popular introduction nor a modern linguistics text. It is a scholastic philosophy work devoted to restoring the classical architecture of knowing for contemporary readers worldwide.

**Now available on my website and in digital books across the world - <https://enolia.live/shop>**

Paperback coming soon.

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**ANNOUNCING MY BOOK COLLABORATIONS!**



## **The Alchemical Path to Yoga**

### **Seven Stages To Living Coherence**

**By Tracy Shearer and Dr. Enolia Harris Pedro**

Yoga was never meant to be exercise alone.

It was designed as a science of consciousness.

The Alchemical Path of Yoga restores yoga to its original depth—as an initiatory discipline that trains the breath, nervous system, perception, and body toward lasting coherence.

Blending classical yoga philosophy, pranayama (breathwork), meditation, sacred geometry, alchemy, somatics, and ancient cosmology, this book reveals the hidden architecture behind authentic transformation. Posture becomes geometry. Breath becomes regulation. Sound becomes vibration. Practice becomes a precise method for reorganizing consciousness.

Organized through the Seven Stages of Alchemy—Nigredo, Albedo, Citrinitas, Rubedo, Cauda Pavonis, Distillation, and the Philosopher's Stone— each chapter guides readers through progressive phases of dissolution, purification, structure, embodiment, and integration. Rather than focusing on flexibility or fitness alone, this work shows how yoga develops resilience, emotional regulation, nervous-system balance, and clear perception.

Co-authored by lifelong yoga teacher Tracy Shearer and sacred science scholar Dr. Enolia Harris Pedro, this book bridges yoga, meditation, breathwork, energy healing, sacred science, and consciousness studies into one coherent path of practice and understanding.

Ideal for:

- yoga practitioners and teachers
- meditation and mindfulness students
- breathwork and somatic healing professionals
- seekers of spiritual growth and personal transformation
- readers of sacred geometry, alchemy, and esoteric philosophy

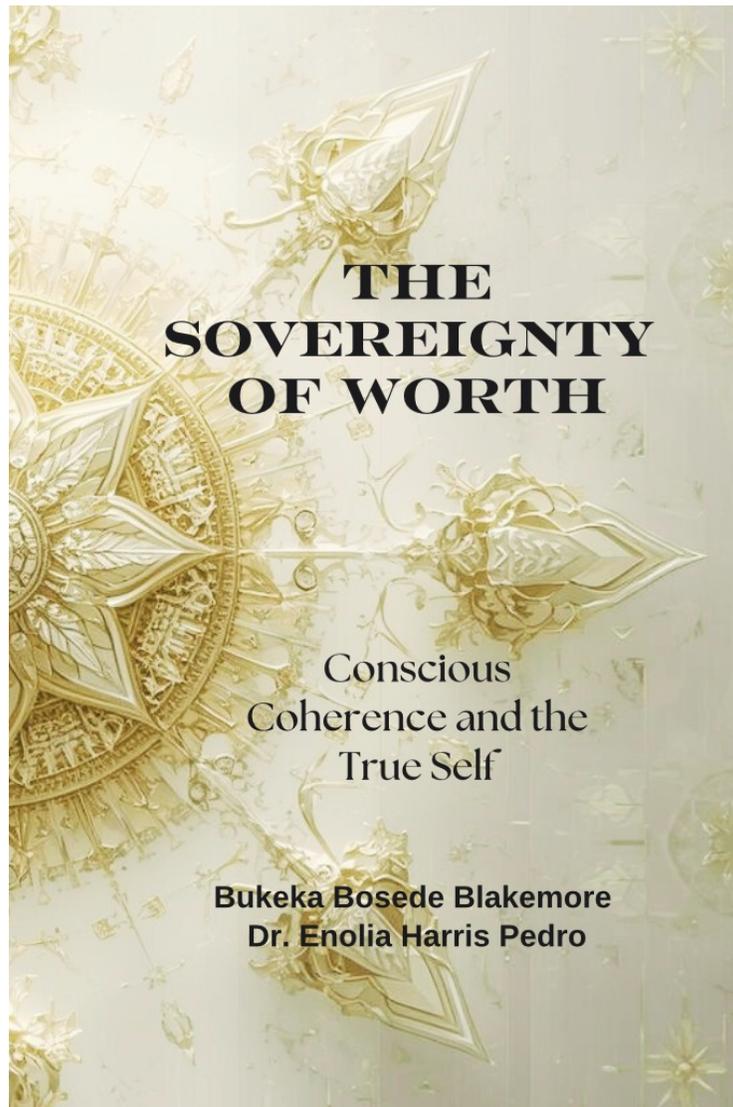
This is not a manual for poses.

It is a map for embodied transformation.

If you sense that yoga is changing not just your body—but your life—this book names the deeper process already underway and offers the structure to walk it consciously.

**Now available on my website and in digital books across the world <https://enolia.live/shop>**

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## **The Sovereignty of Worth:**

### **Conscious Coherence and the True Self**

**By Bukeka Bosede Blakemore and Dr. Enolia Harris  
Pedro**

is a thoughtful and interdisciplinary exploration of what it truly means to possess inherent human value.

Across cultures and throughout history, worth was once understood as relational—rooted in belonging, contribution, and shared responsibility. Yet in the modern world, worth has increasingly become conditional: measured by productivity, comparison, achievement, and external approval. As systems of hierarchy, colonization, and performance culture took hold, human value shifted from something lived to something earned. The result is a quiet but pervasive fracture within the individual—an internalized sense of “not enough” that persists even in capable, accomplished lives.

In this work, Dr. Enolia Harris-Pedro and Bukeka Bosede Blakemore trace the evolution of worth from early communal societies through global cultural traditions and into contemporary social, corporate, and psychological systems. Drawing on philosophy, anthropology, leadership practice, Indigenous knowledge, and lived experience, they reveal how external structures shape identity, self-perception, and even the body's stress responses.

Rather than offering motivational solutions or self-improvement techniques, the authors introduce a stabilizing framework called Conscious Coherence—a state of inner alignment in which one's values, perception, and actions are integrated.

From this place, worth is no longer negotiated or performed; it is inhabited.

Part cultural study, part philosophical reflection, and part practical guide, *The Sovereignty of Worth* invites readers to reclaim intrinsic value from within, restore grounded self-trust, and move through life with clarity, dignity, and resilience. It speaks to those navigating leadership, creativity, service, healing, or personal transformation—anyone seeking to live from an internal center rather than external validation.

Ultimately, this book proposes a simple but radical remembrance:

Worth is not something you earn.

It is something you remember.

**Now available on my website and in digital books across the world**

<https://enolia.live/shop>

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**ANNOUNCING MY CONTRIBUTION!**



## Women Rising

**Krisztina Konya Visionary Author**

**Dr. Enolia Harris Pedro Contributing Author of “Evolution”**

– The Power of Becoming is a powerful global anthology of real women’s stories of healing, resilience, and transformation.

Curated by empowerment coach and author Dr. Krisztina Konya, this book brings together voices from around the world who have turned pain into growth, adversity into awakening, and life’s challenges into powerful moments of becoming.

Each chapter shares honest, courageous stories of emotional healing, self-discovery, personal growth, and women’s empowerment. These are stories of heartbreak and hope, breakdown and breakthrough, and choosing yourself even when it feels impossible.

This is not just a book to read—it is a book to feel.  
A companion for women ready to heal, rise, and step into their truth.

If you are on a journey of healing, becoming, and rediscovering your strength,  
Women Rising – The Power of Becoming is for you.

Because every woman who heals lifts another.

Now available on **my website** and in digital books on Amazon

**And together, we rise.**

**Listen [HERE](#)**

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**Thank you to the participants of Pilgrimage of Light  
EGYPT 2025**



### **Pilgrimage of Light 2025 – A Heartfelt Thank You**

Beloved Ones,

As I sit in reflection after our time together in Egypt, my heart is full beyond words.

The Pilgrimage of Light was never simply a journey across sacred land — it

was a remembering. A remembering of who we are, why we came, and the ancient light we each carry within our bones.

To walk beside you through the temples, across the sands, along the Nile, and into the chambers of our own awakening was a profound honor. Each prayer offered, each step taken, each tear shed, each laugh shared became part of a living tapestry of transformation. You did not come as tourists — you came as initiates, as seekers, as souls willing to meet yourselves at deeper thresholds. It takes courage to say yes to a pilgrimage.

It takes humility to be changed by it.

And it takes heart to walk in community.

Thank you for bringing your openness, your stories, your vulnerability, and your light. What we created together was sacred space — and that field will continue to ripple outward long after our footprints fade from the desert.

**A very special and sincere thank you to Farag Hawash**, whose guidance, care, and deep connection to the land helped anchor our journey in authenticity and grace. Your presence made the pilgrimage not only possible, but meaningful in ways words cannot fully express. We are deeply grateful. Though the journey has officially closed, something tells me this is not an ending — only a doorway.

Pilgrimages have a way of calling us back.

May the light you touched in Egypt continue to illuminate your path.

May the temples you opened within remain alive.

And may we gather again, somewhere on this beautiful Earth, when Spirit calls us forward once more.

With love, reverence, and gratitude,

Dr. Enolia Harris-Pedro

Grandmother Elder | Medicine Woman | Guide

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**Sharing The Wisdom**



#338

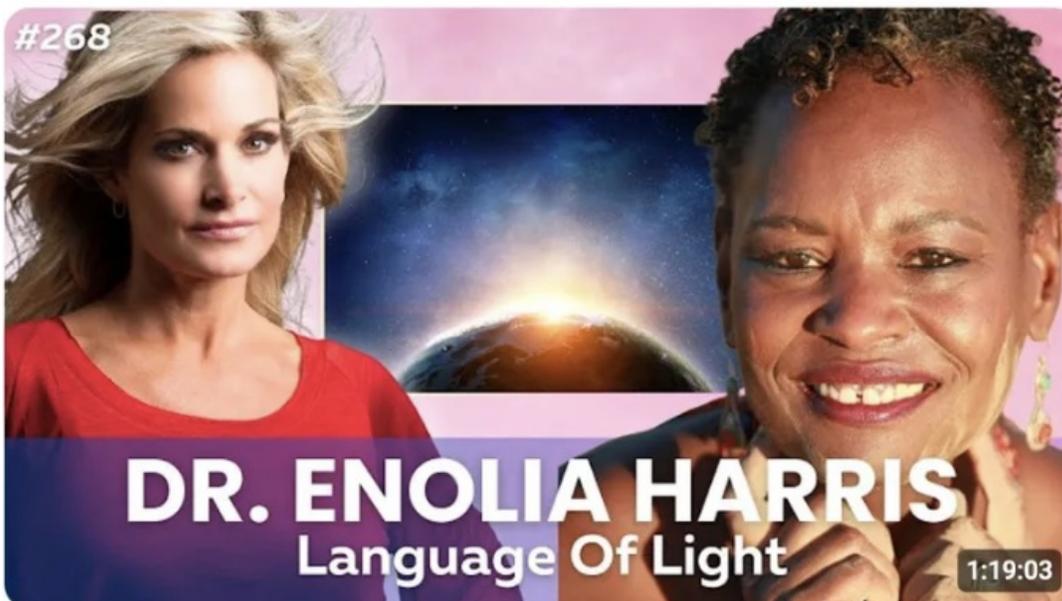
## Dr. Enolia Foti

"African Shaman"



Spirit Gym with Paul Check

[Listen Here](#)



### AWAKENING APHRODITE WITH AMY FOURNIER

The Journey Back To The Feminine: From NYC To Africa with Medicine  
Woman Dr. Enolia Pedro  
Interview with Amy Fournier - Part 1

[Listen Here](#)



Dr.Enolia Harris Pedro

Jim Hague

## Truth Seeking Souls Podcast with Jim Hague

Transforming lives through Self-Mastery, blending Ancient Wisdom with Modern Leadership to build lasting legacies.

[Listen Now](#)

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## Awakening Aphrodite Podcast with Amy Fournier - Part 2

interviews Dr. Enolia Harris Pedro...

Environmental Rhythms, Power of Words. Rites of Passage and Bridging Ancient Traditions...

[Listen Now](#)

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Krisztina Konya

# TRUTH RUNNERS

## Talk Show

08.01.2026 | 3 pm UK time



Krisztina Konya

Dr. Enolia Harris Pedro

**WOMEN RISING: The Power of Becoming**

 ask.krisztina@gmail.com

www.souledspace.com 

### Host Krisztina Konya of Truth Runners Podcast

interviews Dr. Enolia Harris-Pedro about her role as a contributing author to the book **Women Rising**, where she shares her powerful chapter, “**Evolution.**”

[Listen Here](#)

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### Having the Conversation



## The Infinite Way Welcomes Dr. Linda Tello

USA

**Topic: Embracing the Healing Journey - And so it begins Part 2**

**Play [HERE](#)**



## The Infinite Way Welcomes JClay

USA

**Topic: Raising the Bar for Hip Hop**

**Play [HERE](#)**

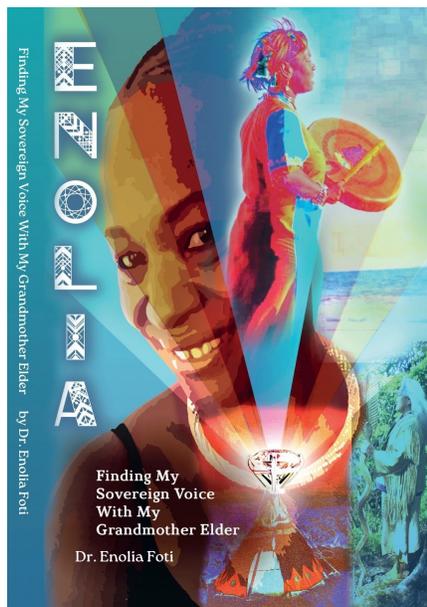


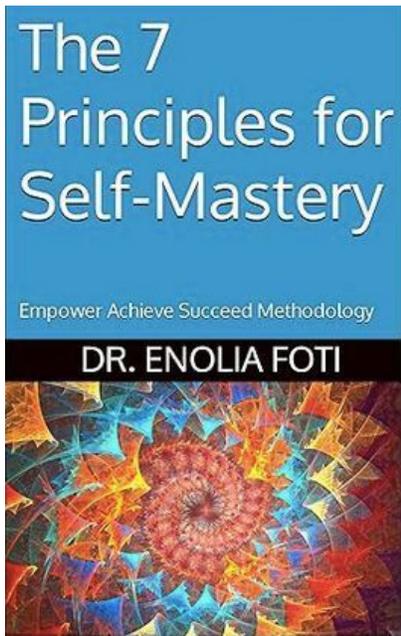
## The Infinite Way Welcomes Dr. Gary Wohlman

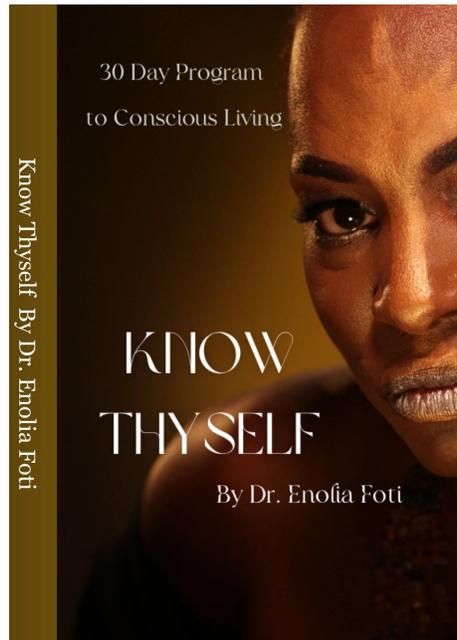
Australia

**Topic: Elation as a Breakthrough - The Presentation Doctor**

**Play [HERE](#)**







**Purchase books on Amazon [HERE](#)**

**Discover the Power of Your True Self with Dr. Enolia's Transformational Books**

Are you ready to embark on a journey of self-discovery, empowerment, and mastery? Dr. Enolia invites you to reclaim your inner strength, wisdom, and sovereignty through her inspiring collection of books. Each page is a step toward unlocking your full potential and embracing a life of authenticity and purpose.

1. **How I Found My Sovereign Voice with My Grandmother Elder**  
A heartfelt and deeply personal memoir, this book shares

Dr.  
Enolia's  
transformative  
journey  
of  
discovering  
her  
true  
voice  
through  
the  
wisdom  
of  
her  
Grandmother  
Elder.  
Through  
powerful  
storytelling,  
she  
offers  
profound  
insights  
into  
embracing  
one's  
heritage,  
inner  
strength,  
and  
the  
courage  
to  
stand  
in  
one's  
truth.

2. **Discover  
Your  
Sovereign  
Self  
Journal**  
Designed  
as  
a  
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to  
How  
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Found  
My  
Sovereign

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discovery.

3. **The  
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Dr.  
Enolia  
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and  
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leading  
to  
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balance,  
and  
purpose.  
This  
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is  
an  
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and  
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4. **Know  
Thyself:  
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**Day  
Program  
to  
Conscious  
Living**

Embark  
on  
a  
30-  
day  
journey  
of  
self-  
awareness  
and  
mindfulness.

This  
book  
serves  
as  
a  
daily  
guide  
to  
cultivating  
a  
conscious,  
intentional  
life.

Each  
day  
offers  
powerful  
teachings,  
affirmations,  
and  
exercises  
to  
deepen  
your  
connection  
with  
your  
highest  
self  
and  
align  
with  
your  
true  
purpose.

**Begin your journey today!** Explore these life-changing books at [Enolia.Live](#) and step into the fullness of who you are meant to be. The path to sovereignty, self-mastery, and conscious living awaits you!

**Learn more about Dr. Enolia's books [HERE!](#)**



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