

SOULTECH

MAGAZINE

ENSURING HUMAN
FLOURISHING IN THE AGE OF AI

THE SOULTECH
MOVEMENT ISSUE

EDITOR'S LETTER

There are moments in a life that arrive already knowing they are important, and then there are moments you only recognize as important once you are standing inside three of them at the same time.

That is where I am as I write this.

In the coming weeks, three things I have been building for years are arriving on the same day. My book, *SoulTech: 12 Codes for Awakening Your Higher Consciousness*, is going out into the world. The SoulTech Academy is opening its digital and in-person doors. And the SoulTech Foundation is hosting its first major event, the Her Health Summit, where I will stand on stage as host and keynote, and say out loud what I have been saying quietly for years: technology is not the thing that will save us or destroy us. We are.

I did not originally plan for all three to land on October 28th. Looking back, I am not sure it made sense any other way!

This issue is my attempt to hand you the whole picture at once. Why this moment in human history is asking something different of us. Why I believe a mental health reckoning is coming for anyone who is not preparing their inner world alongside their outer one. What the SoulTech Movement actually is, underneath the merch and the manifesto. What is inside the book. And why women's health, of all things, is where I chose to plant the flag for this Foundation's first major public moment.

I also opened myself up this issue in a way I usually reserve for close friends. You will find a Q&A where I answer the questions I am asked most, and a few nobody has asked me yet. I wanted you to know the woman behind the movement, not just the mission statement.

And because no one builds anything alone, you will meet the women, and the men standing beside them, who are making Her Health Summit real. Doctors, healers, builders, honorees. Read their names. You will likely be sitting next to one of them on October 28th.

Before AI, SoulTech. That is not a slogan. It is an order of operations.

With love and full consciousness,

Cynthia L. Elliott
Editor, SoulTech Magazine
SoulTechFoundation.org

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THE WOMAN BEHIND THE SOULTECH MOVEMENT

Q&A WITH CYNTHIA L. ELLIOTT

She has been called a marketing pioneer, a cultural futurist, and one of the Top 100 Women Leading AI. But before any of the titles, Cynthia L. Elliott was a kid in state care, learning early that the people and structures meant to hold you do not always show up. Today she is the founder of the SoulTech Foundation, a four-time best-selling author, and the woman about to launch a book, an academy, and a movement on a single October afternoon. We sat down with her to ask the questions everyone wants answered before Her Health Summit.

Let's start at the beginning. Where does this work actually come from?

It comes from being a child who grew up inside an orphanage and the foster care system. When the structures around you are unreliable, you learn to go looking for something steadier inside yourself. I did not have language for that as a kid. I just knew that whatever was going to save me was not going to come from outside of me. That is the seed of everything I teach now. Not because I read it in a book, but because I lived it before I could name it.

You spent decades as a communications and events executive before any of this. How does that chapter connect to SoulTech?

People forget I spent years as an agency ceo producing large events, over a hundred and thirty five of them at one company alone, and pioneering brand communications and influencer marketing before either of those were household terms. I know how to build something that moves culture. I know how to get a room of strangers to feel something together. SoulTech is the first time I have used every one of those skills in service of something I actually believe in with my whole chest. The earlier chapters were not wasted. They were training.

You went through a public reinvention, moving away from an earlier chapter of your work and reclaiming your given name. What happened?

I hit a wall. A real one, the kind that stops you mid-sentence and asks whether the life you built is actually yours. I had to sit with a lot of discomfort to answer that honestly. What came out the other side was not a rebrand. It was a return. Cynthia L. Elliott was always in here. I just had to clear enough noise to hear her again.

In one sentence, what is SoulTech?



SoulTech is the practice of developing the uniquely human capacities that artificial intelligence cannot replace, so that we do not just survive this era, we become luminous inside of it.

That is a bold claim. Why should people trust it is not just another wellness trend?

Because I am not selling relaxation. I am naming a coming crisis and handing people tools before it fully lands. Mass job displacement, purpose loss, entire industries reorganizing around machines that can out-produce us, this is not speculative anymore. It is happening. My work has never been anti-AI. I think artificial intelligence has extraordinary potential. But potential without inner preparation is how you get a population that is more productive and more lost at the same time. SoulTech exists to make sure that does not happen to the people I can reach.

You use the word "homoluminous." What does it mean?

It is the version of a human being who has done the inner work. Luminous, not because life got easier, but because they are running on their own highest technology instead of borrowing their sense of worth from a job title, a market, or a machine. Homoluminous is not a finish line. It is a direction you keep walking. It is the next stage of human evolution we are undergoing. Rather loudly and painfully.

Why did you choose women's health as the subject of the Foundation's first major event?

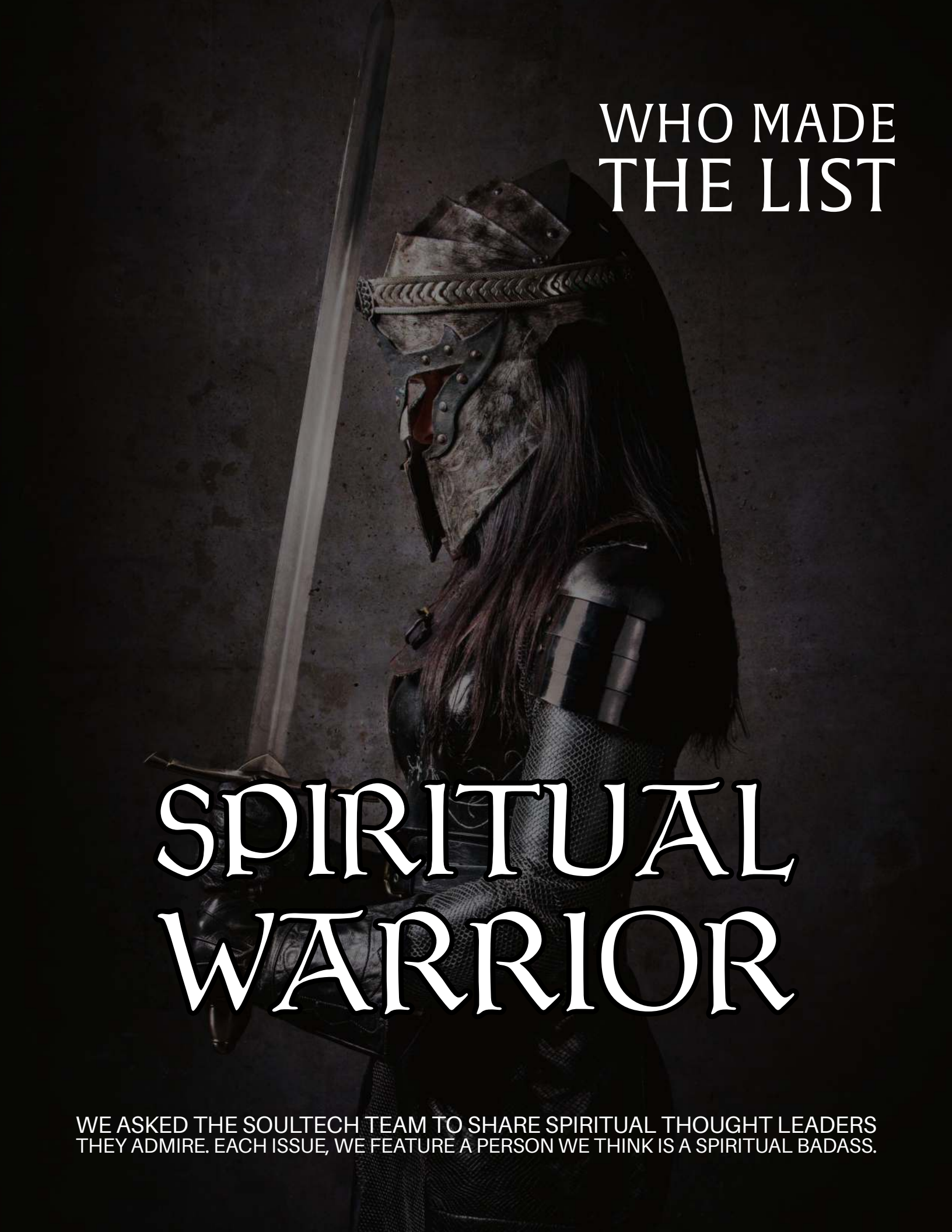
Because women have been asked to be everything to everyone while being told their pain is probably nothing. Dismissed. Under-researched. Misdiagnosed. That is not a footnote in the human flourishing conversation, that is the center of it. If we are going to teach people to reconnect with their bodies, their power, and their purpose, we start with the population that has been most disconnected from all three by design.

Your book, your academy, and your first major event are all launching the same day. Was that intentional?

Honestly, no. It found me more than I planned it. But once I saw the three arriving together, I understood why. My spiritual books give people the framework. The Academy gives them the practice. The Summit gives them the room, the community, and the reason to walk through the door in the first place. You cannot awaken alone in a bedroom with a book and call it a movement. You need other people in the room with you, breathing the same conviction.

What do you want someone to feel the moment they close this issue?

Permission. Permission to take their own consciousness seriously as a technology, not a luxury. Permission to believe that what makes them irreplaceably human is not a weakness in the age of AI, it is the entire point of being here. If you read this issue and feel even slightly more awake than you did on the last page, I did my job.



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.

RAVI SHANKAR



EACH ISSUE WE HONOR AN INSPIRING TEACHER

Some warriors carry swords. Others carry sitars.

Pandit Ravi Shankar was seventeen when he felt it, that quiet ache Cynthia calls the soul's whisper: a sense that he was "skating on the surface" of his own culture. So he did something radical. He walked away from the glamour of Paris and the life of a touring dancer, and gave himself instead to years of disciplined spiritual practice under a demanding guru in a dusty corner of central India. That is consciousness work. That is a soul choosing depth over ease.
Editorialge

What followed was decades of bridging what most people believed could not be bridged. Shankar became the musician most responsible for building Western appreciation of Indian classical music, carrying centuries of raga tradition into concert halls, festival stages, and the ears of a generation searching for meaning beyond the material. He gave his sitar a sound of powerful bass notes and a serene spiritual touch in the improvisational alap, the part of a raga where a musician simply listens inward before playing outward. That is a SoulTech principle if there ever was one: tune inward first, then create.

He never claimed technology or fame as his purpose. Music was his vessel for raising consciousness, one performance, one collaboration, one devoted student at a time.

That is the spiritual warrior's work. Not conquest. Communion.

He tuned an instrument until it became a bridge between East and West, ego and spirit, noise and silence.

Elevate your consciousness, beautiful souls. Unlock your inner rockstar.



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WHY HUMANS MUST FLOURISH NOW THE COMING MENTAL HEALTH RECKONING, AND WHAT WE CAN DO ABOUT IT

Every technological revolution has a body count that shows up after the headlines fade. The printing press, the factory floor, the internet itself, each reordered how people found meaning long before anyone measured the cost in wellbeing rather than output.

Artificial intelligence will not be different. It will just be faster.

We are already watching industries reorganize around systems that can write, design, code, diagnose, and create at a scale no individual can match. Some of that is genuinely good news. Tedious work disappears. New categories of work appear. But underneath the productivity gains sits a quieter and more dangerous shift: an entire generation is at risk of losing not just jobs, but the sense of purpose those jobs quietly provided.

Purpose loss does not show up on an unemployment report. It shows up in therapy offices, in rising anxiety, in the particular despair of feeling replaceable by something that does not sleep, does not doubt itself, and does not need to be paid. When identity has been outsourced to a title, a paycheck, or a skill set that a machine can now perform, the loss of that skill set can feel like the loss of self.

This is the mental health crisis the SoulTech Foundation was built to meet before it fully arrives.

The Foundation's position has never been anti-technology. Artificial intelligence holds extraordinary potential to heal, to educate, to extend human capability in ways that could genuinely elevate quality of life for millions of people. The alarm we are sounding is not about the technology. It is about the gap between how fast the technology is advancing and how little most people have been given to prepare their inner world for what it displaces.

Continued

So what does flourishing actually require in this moment?

It requires emotional resilience that does not depend on external validation or a stable job market to feel secure. It requires conscious leadership, the ability to make decisions from clarity rather than fear. It requires creativity and communication, the very capacities that remain stubbornly, beautifully human even as machines learn to mimic their outputs. It requires a return to mindfulness and embodied wellness, because a nervous system in constant survival mode cannot access wisdom, only reaction.

None of this is abstract. It is trainable. It is teachable. It is exactly what SoulTech Academy exists to deliver, and exactly what the SoulTech Foundation's community programs are already bringing to underserved populations who will feel this disruption first and hardest.

The species that thrives in the age of AI will not be the one that races the machines. It will be the one that gets so unmistakably, radiantly human that there was never a race to begin with.

That is the work. That is why now.





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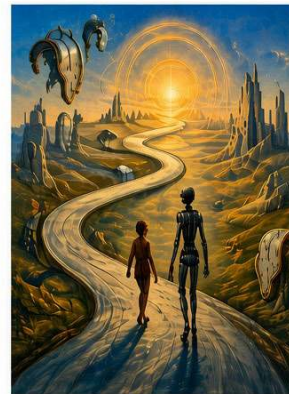
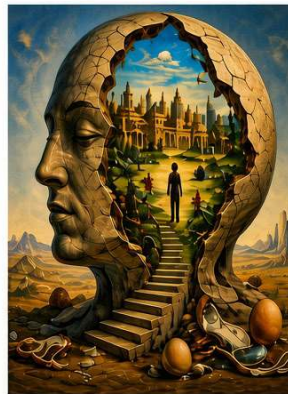
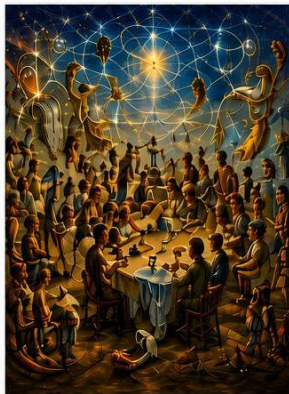
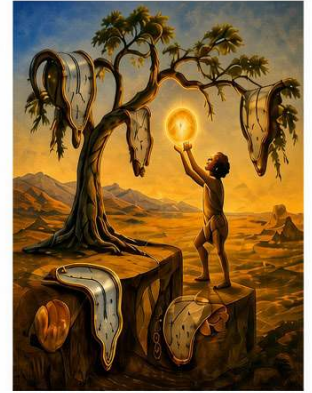
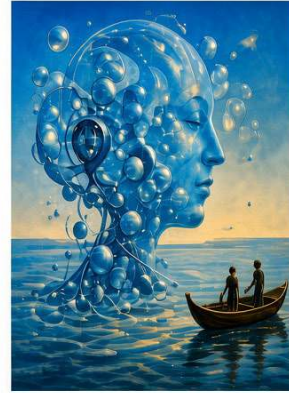
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The *Immigrant Effect* is like its subtitle says: "Immigrants weigh less than you would expect, but their effect on the economy is not as small as you would expect." The book is a collection of essays by economists, and it is a very good one. It is a book that you should read if you are interested in the economy, and it is a book that you should read if you are interested in the immigrant population.

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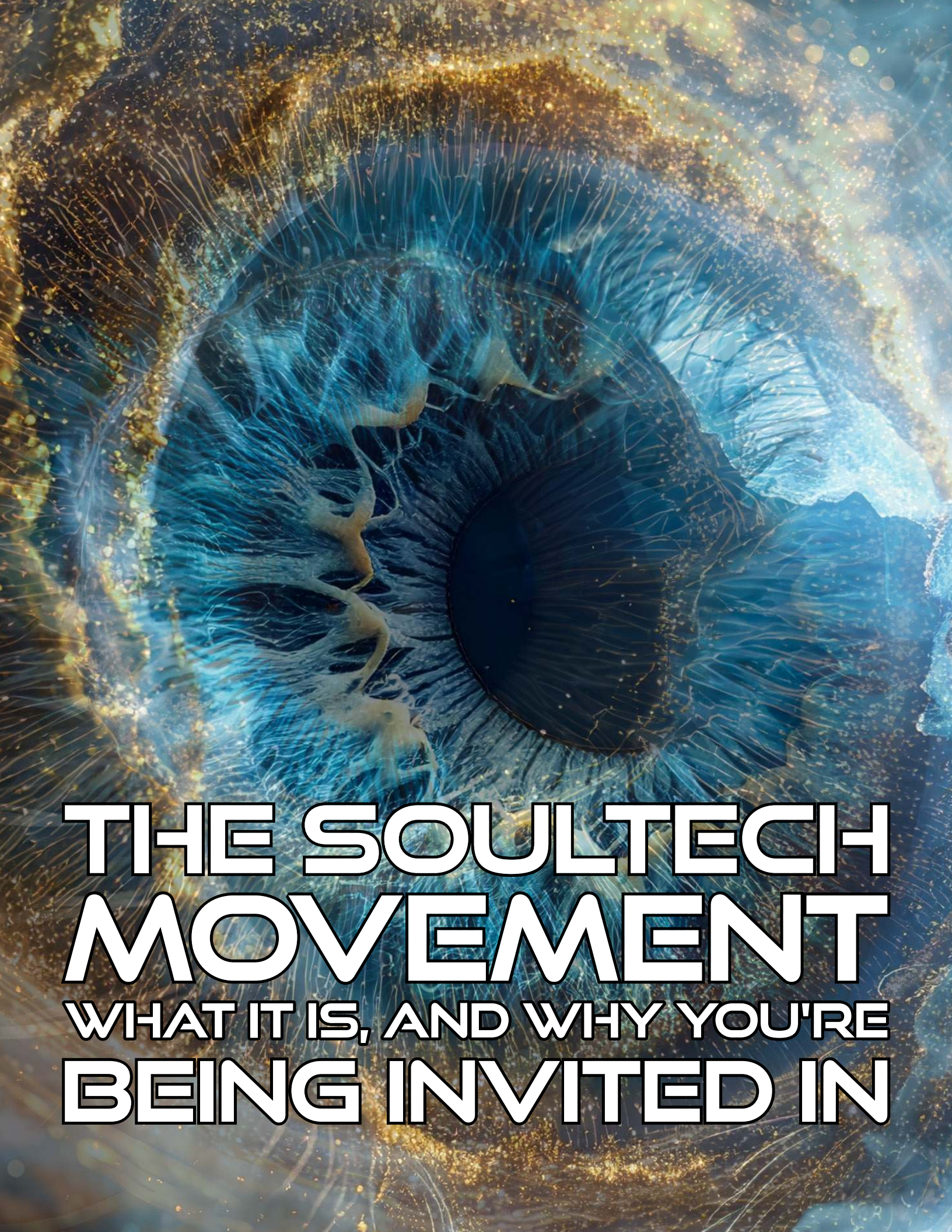
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THE SOULTECH MOVEMENT

WHAT IT IS, AND WHY YOU'RE
BEING INVITED IN

Every movement starts with a sentence someone could not stop repeating. Ours is this one:

As machines become more capable, how do we become more fully, radiantly human?

That question is the entire SoulTech Manifesto compressed into a single line, and it is the reason the SoulTech Foundation exists. We are living through one of the most significant periods of change in human history. Artificial intelligence, automation, and rapid technological innovation are transforming how we work, learn, communicate, and connect. At the same time, people are struggling with uncertainty, disconnection, stress, and a lack of access to the tools needed to thrive in a rapidly evolving world.

Left unaddressed, that gap widens existing inequalities in opportunity, wellbeing, and human potential. SoulTech was built to close it.

The Foundation takes a whole-human approach, integrating emotional resilience, conscious leadership, creativity, communication, wellness, and future-ready skills into a single framework instead of treating them as separate wellness silos. That framework shows up across three core programs.

SoulTech is the flagship, helping people of all backgrounds develop the awareness, resilience, leadership, and future-ready skills needed to flourish amid rapid change, through courses, workshops, media, and community experiences.

SoulBloom is built specifically for women, empowering personal growth, emotional resilience, conscious leadership, wellness education, and community connection so women can build lives they actually want to be living.

SoulBlossom for Kids meets the next generation where they are, developing curiosity, self-worth, emotional intelligence, adaptability, creativity, and leadership in young people who will grow up never knowing a world without AI in it.

The Movement is not a hashtag. It is a stance. Before AI, SoulTech. Soul first, tech second. It means believing, without irony or nostalgia, that consciousness itself is humanity's greatest technology, older than any algorithm and more durable than any model that will ever be trained.

You join the SoulTech Movement the same way you join anything worth joining. You show up. You read the book. You take a course. You walk into Her Health Summit on October 28th and sit in a room full of people who have decided the same thing you have: that the future is being shaped right now, and human consciousness will determine what kind of future we get to create.

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SOULTECH
WITH CYNTHIA



SOULTECH: 12 CODES FOR AWAKENING YOUR HIGHER CONSCIOUSNESS THE BEST-SELLING NEW BOOK FROM CYNTHIA L. ELLIOTT

Already a best-selling new release, *SoulTech: 12 Codes for Awakening Your Higher Consciousness* is Cynthia L. Elliott's fourth book and her most ambitious. In it, the three-time best-selling author and cultural pioneer reveals a paradigm most of us have never been offered directly: consciousness as technology. Something you can access, strengthen, and embody, not just something you happen to have.

The book's twelve codes function less like commandments and more like an operating manual, each one a doorway into a capacity that no machine will ever be able to replicate on your behalf. Where the world outside is asking humans to move faster, produce more, and compete with systems built for exactly that, *SoulTech* asks a different question: what happens if you get quieter, clearer, and more awake instead?

The closing line of the book's trailer captures the whole argument in a single breath: "The upgrade humanity needs was never artificial. It's you, running on the highest technology available. *SoulTech*."

That line is not a slogan invented for marketing. It is the thesis of the entire book. We do not need to become more like machines to survive the machine age. We need to become more fully, unmistakably ourselves.

SoulTech: 12 Codes for Awakening Your Higher Consciousness is available now for pre-order in print and ebook on Amazon, with the book's full release timed to October 28th, alongside the launch of *SoulTech Academy* and the *Her Health Summit*.

Maybe that's what's actually being disclosed this year. Not a species. A door.



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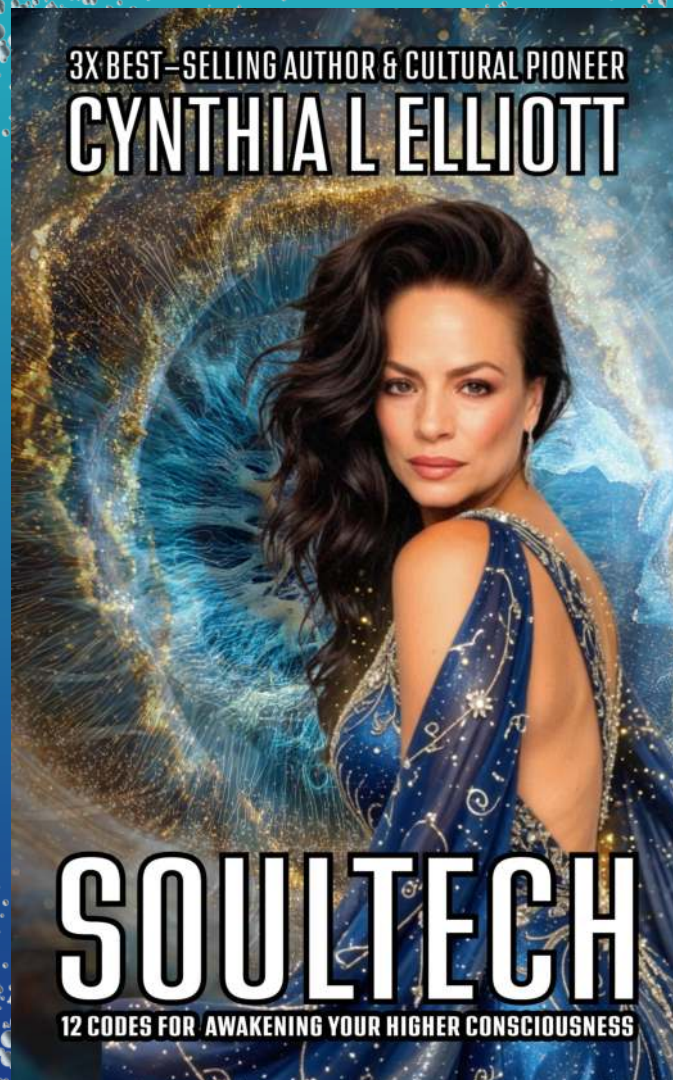
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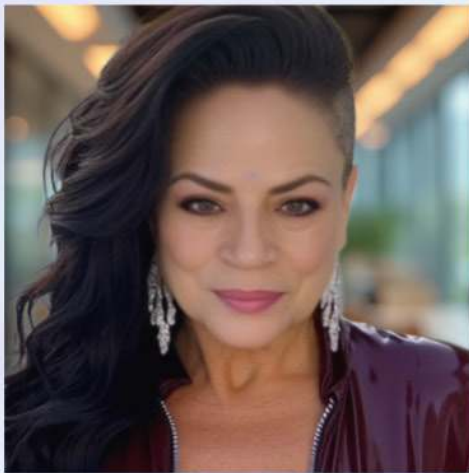
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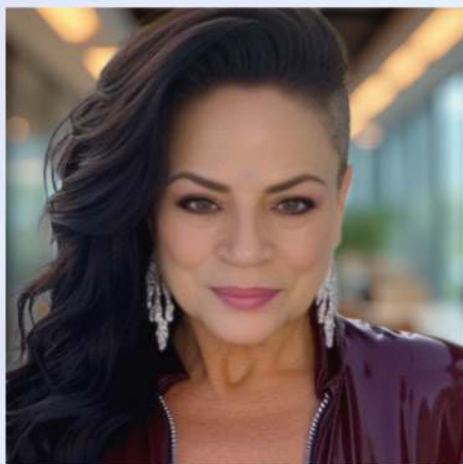
AND EVERY TICKET FUELS CHANGE: PROCEEDS BENEFIT FIVE LOCAL NONPROFITS DOING VITAL WORK IN OUR COMMUNITY - INCLUDING KINDNESS MATTERS, SOULTECH FOUNDATION, HEALTHY MOTHERS HEALTHY BABIES, STEP UP FOR KIDS, AND SWEET DREAM MAKERS.

HERHEALTH SUMMIT

SCIENCE FOR THE BODY, WISDOM FOR THE MIND, STRENGTH FOR THE SOUL

OCTOBER 28 | 1 PM - 9 PM | MIZNER STUDIO | BOCA RATON

JOIN US FOR A POWERFUL DAY OF SCIENCE-BACKED INSIGHT, SOUL-DEEP WISDOM, AND REAL COMMUNITY IMPACT DESIGNED FOR WOMEN WHO ARE READY TO FEEL STRONGER IN BODY, CLEARER IN MIND, AND MORE CONNECTED IN SPIRIT.



Cynthia L Elliott
Host, Author, & Keynote Speaker



Judy Weaver
Host, Author, & Yoga Therapist



Robin Rubin
Workshop Speaker & Sponsor



Sara Starkoff Green
Host & Speaker

THIS ISN'T JUST ANOTHER WELLNESS EVENT. IT'S A GATHERING OF INFLUENTIAL HEALTHCARE AND WELLNESS LEADERS
DELIVERING KEYNOTES, WORKSHOPS, AND PANELS
THAT SPEAK DIRECTLY TO THE FULL SPECTRUM OF WOMEN'S HEALTH.

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WHY WOMEN'S HEALTH DEMANDS EVOLUTION

For generations, conversations about women's health have been incomplete.

Pain dismissed. Hormones misunderstood. Menopause ignored. The mental, physical, and spiritual load women carry, largely invisible, and vastly under-researched by a medical establishment that has, for most of its history, studied a default patient who was never actually female.

This is not a fringe complaint. It is a documented pattern, one that shows up in delayed diagnoses, misattributed symptoms, and generations of women who learned to quietly manage what should have been taken seriously by someone with a medical degree and the humility to listen.

At the same time, something is shifting. Breakthroughs in medicine, longevity science, and holistic wellness are transforming how women can understand and care for their own bodies, often faster than the institutions meant to serve them can keep up. Hormonal health, longevity and aging, emotional wellbeing, trauma healing, and lifestyle medicine are no longer niche interests. They are the frontier.

Evolution in women's health requires more than new research, although we desperately need that too. It requires a new model entirely, one that integrates science, lived experience, and whole-person wellbeing instead of treating them as competing authorities. It requires bringing fathers, partners, and sons into a conversation that has too often happened only among women, in private, in whispers, in waiting rooms.

And it requires spaces where women can finally have the honest conversation out loud: about what their bodies are actually experiencing, what has been dismissed, and what the future of their health could look like if someone finally built the room for that conversation to happen.

That room is Her Health Summit.

HER HEALTH SUMMIT MEET THE WOMEN, AND ALLIES, LEADING THE CHANGE

That is the standard Her Health Summit set for itself, and the women on these pages are the ones meeting it. Doctors, healers, founders, and honorees, each bringing a different piece of the puzzle to October 28th. Here is who you will meet in the room.

LIVING LEGEND AWARD:

Jan Savarick

Her Health Summit's inaugural Living Legend Award goes to a woman whose service began as a teenager volunteering at Shriners Hospital in her native Chicago and has not stopped since. Over more than four decades, Jan Savarick has built a career in strategic development and philanthropy that includes nearly fifteen years as Immediate Past President of the Boca Raton Regional Hospital Foundation, where she helped raise over five hundred million dollars for healthcare innovation and patient care.

CO-CHAIRS AND SPEAKERS

Judy Weaver

A renowned yoga therapist and founder of Connected Warriors, Judy brings decades of embodied healing work to the Summit's Wellness Stage programming.

Sara Starkoff Green

A wellness leader and speaker, Sara founded her own wellness practice and co-chairs the Summit with an emphasis on community-centered health.

Paige Kornblue

An award-winning journalist and multimedia storyteller with more than two decades on-air at NBC, ABC, FOX, CNN, and The Weather Channel, Paige has interviewed figures from President Barack Obama to Barbara Walters. Founder of Paige Kornblue Media and host of The Paige Kornblue Show podcast, she is also a driving force behind ESPN's Boca Raton Bowl and a featured writer for Boca Magazine.

Dr. Joanna Drowos

Board-certified across Family Medicine, Preventive Medicine, Lifestyle Medicine, and Osteopathic Manipulative Medicine, Dr. Drowos is a founding faculty member at FAU's medical school and former Associate Dean for Faculty Affairs. She will deliver the keynote "OMT: A Hands-On Approach to Wellness for Women."

Dr. Francesca Lewis

Founder of Delray Skin and the Summit's dermatology voice, Dr. Lewis also sponsors the event's Lounge experience. She will be speaking on skincare and wellbeing.

Dr. Tatiana A. Pestana

A specialist in Functional and Culinary Medicine and founder of Pestana Comprehensive Wellness, Dr. Pestana also sponsors the Summit's screening of M Factor 2: Before the Pause.

Dr. Michelle Weiner

Double board-certified in Interventional Pain Medicine and Physical Medicine and Rehabilitation, Dr. Weiner is the founder of NeuroPain Health and former Chair of Florida's Medical Cannabis Advisory Committee. Her research spans medical cannabis as an opioid-sparing therapy and the therapeutic applications of ketamine for chronic pain and depression.

Dr. Shivani Gupta

An author, speaker, and founder of Fusionary Formulas. Shivani is focused on how inflammation impacts health and wellbeing. Dr. Gupta brings her expertise in integrative wellness to the Main Stage.

Laura Waldorf Reiss

Founder of Kindness Matters, an international organization that has mobilized communities and partners across North America, Africa, and beyond, Laura now leads Laura Waldorf Reiss International, mentoring founders and speaking internationally as a TEDx voice on real connection and leading from surplus rather than depletion.

Monica McMahon

An embodied wellness guide and retreat founder, Monica brings somatic and nervous-system-based practices to the Wellness Stage. She is delivering a workshop on meditation.

Charlene Brigantry

A marketing leader and life coach, and founder of The Arete Movement, Charlene speaks to purpose-driven leadership and personal transformation.

Robin Rubin is the Founder of the Robin Rubin Center for Happiness Enhancement at FAU, Robin and her husband Gary sponsor the Summit's Awards Ceremony. Robin will be hosting a very special workshop at the summit on the value of being seen and understood.

Craig Richman

A speaker and sponsor through Richman Capital Management, Craig represents the Summit's Men as Allies programming, bringing fathers, partners, and sons into the conversation. He is hosting a workshop on the health of women's wealth.

Dr. Amy Wecker

An infectious disease specialist and founder of Sobe Functional Medicine, Dr. Wecker bridges conventional and functional approaches to women's health. She is giving a keynote on hormones.

Becca Tebon

A holistic health coach and CEO of The Pause Reset, Becca speaks to the often-overlooked realities of hormonal transition. She is hosting a workshop on glp1's and weightloss.

Dr. Heidi Schaeffer

Speaker and presenting sponsor through the Heidi Schaeffer Charitable Trust, Dr. Schaeffer's support anchors much of the Summit's philanthropic infrastructure.

Corey Heyman

A speaker and community leader as the founder of Coco Market wellness events, Corey brings a builder's perspective to the Summit's conversations on resilience and connection.

Brie Mazen

A beloved yoga teacher and powerful social media influencer, Brie leads embodiment practices for the Summit's live audience. She will be presenting a workshop on the power of yoga to transform your life.

INTENTION



CLOTHING FOR WITCHES,
BITCHES, AND ECO
EARTH ANGELS

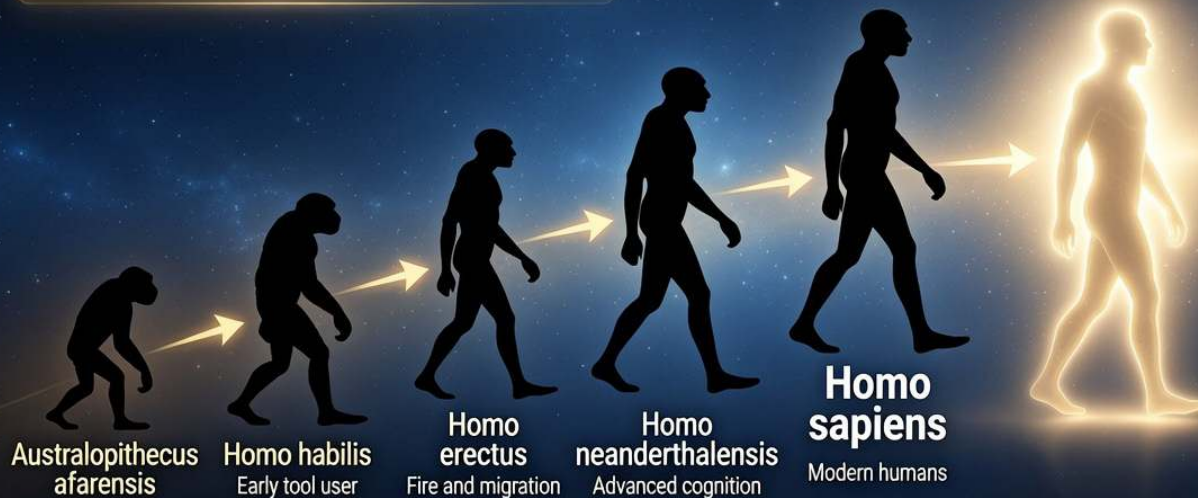
IntentionFashion.com

Human Evolution: The Luminous Future

Tracing our lineage from early hominids to modern humans, and beyond to the next stage of evolution: Homo luminous.

Homo luminous

The radiant future



BECOMING HOMO LUMINOUS

Evolution did not stop with us. It is only just getting started.

For thousands of years we called ourselves Homo sapiens, the "wise ones." We built civilizations, wrote scripture, split the atom, and mapped the stars. But wisdom of the mind was never the final frontier. There is a next chapter waiting to be written, and it is being written now, in real time, inside every person willing to wake up.

At SoulTech, we believe we are evolving into Homo Luminous. Not a new species by biology, but a new species by consciousness. Luminous beings who lead with intuition instead of ego, who regulate their nervous systems instead of reacting from old trauma, who understand that raising their own vibration is not a spiritual luxury but a survival skill for the world now unfolding in front of us.

And the timing is not an accident.

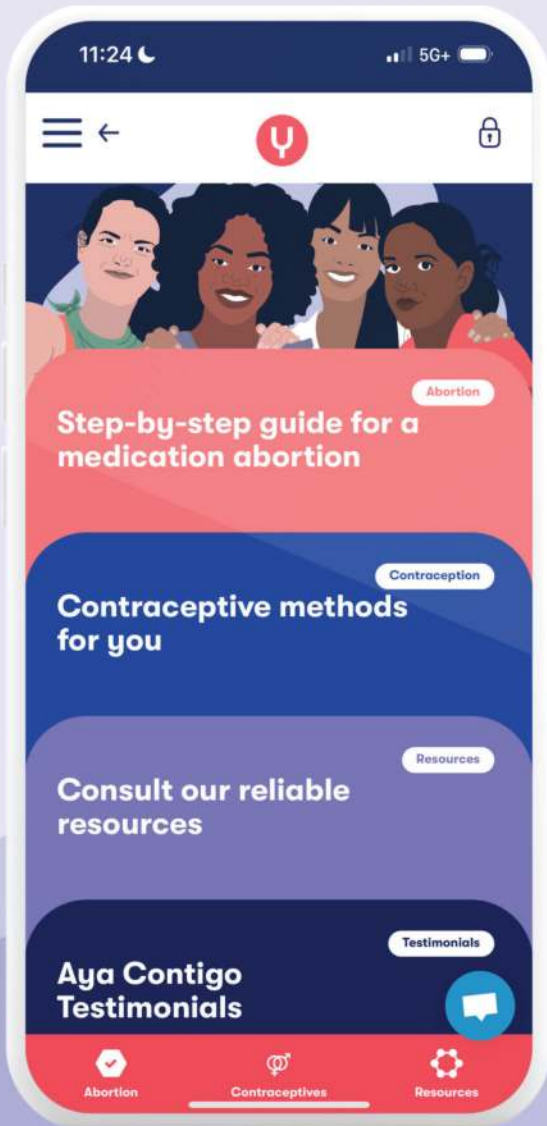
Artificial intelligence is here, and it is not going away. It will keep automating the tasks of the mind, the sapiens skills we spent centuries perfecting. What it cannot automate is soul. Presence. Compassion. The felt sense of meaning that comes from being deeply, luminously human. That is the technology no machine will ever replicate, and it is the technology we must now upgrade inside ourselves.

This is SoulTech. Soul first, tech second. We are not becoming obsolete. We are becoming luminous, just in time to walk into the age of AI awake, whole, and shining.

Elevate your consciousness, beautiful souls. Unlock your inner rockstar.

Meet Aya Contigo

An abortion doula in your pocket. A multi-award winning app co-created with OB/GYNs, doulas, and users to power reproductive self-care



Aya Contigo has given me my life back and I will not waste the opportunity I now have. Now I value my life as never before.



Self-managed medication abortion guide based on WHO guidelines



Contraception decision-making tool offering personalized advice



Virtual live chat with abortion doulas + trusted referrals



Spanish-first app, now also available in English in all 50 states



Aya Contigo is powered by Vitala Global, a tech nonprofit committed to advancing reproductive autonomy. Learn more at hola.ayacontigo.org



THE ATTITUDE WE WEAR

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Intuitive Healer
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RECENT OUTINGS



NEW! FUNDRAISING MERCH

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