KALI DENISE

Author | Energy Alignment Educator | Creative Founder

Be Liberated. Live Aligned. Lead with Light.

About Kali Denise

Kali Denise is the author of *Radiating Renewed Light*, an Energy Alignment Educator, and the creative founder of Lit by Light®, a lifestyle brand offering self-reflection experiences that take form as personalized works of intentional living art.

Inspired by her own journey of spiritual rebirth, restoration, and self-discovery, Kali explores how awareness, intention, and the environments we inhabit influence the way we experience life.

Her work brings together reflective writing, creative expression, nature, movement, and meaningful connection to encourage a more intentional relationship with ourselves and the world around us.

Guided by the belief that our habits reflect our habitats, Kali invites others to observe what shapes their experiences, cultivate conditions that support their well-being, and live more freely from the light within.

Areas of Conversation

- Awareness, Attention & Intentional Living
- Our Habits Reflect Our Habitats
- The Conditions for Human Flourishing
- Self-Authorship & Becoming by Design
- The Light We Carry & The Light We Leave
- Spiritual Renewal, Reflection & Personal Transformation

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Additional biographical information, photographs, and media materials are available upon request.