

ABOUT

# KAREN BARSKI



*Karen “Kiki” Barski, RN BSN — Psychedelic Facilitator & Intuitive Therapist | Founder, Lion & the Lotus*

## MY PRACTICE

Kiki is a **trauma-informed psychedelic facilitator** and **intuitive therapist** with **over 30 years of clinical experience** as a **registered nurse** and more than a decade guiding intentional inner journeys. She specializes in creating safe, structured containers for expanded states of consciousness — supporting participants through preparation, ceremony, and integration. She is a deeply experienced and celebrated Wellness & Enlightenment Coach, Space Holder, Sacred Medicine Facilitator, Energetics Coach, Ceremonial Guide, Spiritual Alchemist, Holistic Energy/Relational Field Healer, QHHT Practitioner, Reiki IV Master, LOA Coach and Emotion Code Practitioner.

Her approach bridges **medical understanding**, **nervous system regulation**, and **spiritual depth**. She works intuitively, yet grounded — attuned to emotional nuance, relational dynamics, and the subtle unfolding of everyone’s process.

At retreat, Kiki’s role is to hold the ceremonial field:

- guiding **intention** setting
- supporting altered states with **safety** and **presence**
- assisting participants through emotional release or breakthrough
- anchoring insights into embodied **integration**

She believes transformation does not come from the facilitator — but from the courage of the participant. Her gift is in creating a container strong enough, and gentle enough, for that transformation to emerge naturally.

Through *Lion & the Lotus*, she invites others into a journey of remembrance — courage (the lion) and awakening (the lotus) — rooted in integrity, compassion, and deep respect for the medicine and the individual path.