

RILEE ASTRAEA

MYSTIC IN THE MATRIX

MULTIDIMENSIONAL ARTIST

MIND-BODY SOMATIC TEACHER

Rilee Astraea Brennan, known publicly as *Mystic in the Matrix*, is an autistic, multidimensional artist and mind-body teacher. She helps neurodivergent adults reconnect to their source code using "Somatic Magic"—a blend of shadow psychology, mindful movement, and creative expression designed to reshape how you think, move, and feel.

A former consultant, Rilee spent nearly a decade shaping stories and leading culture-change projects for Fortune 500s and government agencies alongside training as a competitive athlete and fitness coach. Her greatest transformation came after an existential breakdown and complete autistic burnout forced her to confront her shadow, abandon the mask, and reclaim her voice as an artist and guide.

Now, she runs **House of Astraea: A Creative Studio for Somatic Magic**. Offering online mentorship, creative body-based practices, and somatic rituals, Rilee's work bridges science and soul through expressive practices that speak directly to the subconscious and the body. This includes her self-produced "Somatic Spells"—electronic, lyrical tracks designed to work with rhythm and breath. Her work reminds us that you are the story—and you can always write a new one. You can book Rilee for podcasts, speaking events, branded content, and more.



EXPERTISE IN:

THE AUTISTIC NERVOUS SYSTEM

SOMATIC-BASED MOVEMENT

CREATIVE & THERAPEUTIC PLAY

CONTENT & STORYTELLING

CONTACT ME:

WWW.RILEEASTRAEA.COM
RILEEASTRAEA@GMAIL.COM
DIRECT LINE: (219)-895-3341

CURRENT PROJECTS:

Somatic Artist & UGC Creator

Create independent short-form content centered on embodied wellness and creativity for both personal promotion and holistic brands (Gaia, Ryze, and more).

Founder & Mind-Body Teacher, House of Astraea LLC

Established personal studio for mind-body "somatic magic" fusing mindful movement with creative practice to transform the stories inside the body.

EDUCATION & CREDENTIALS:

Bachelor's of Arts, Communication | Purdue University
Certified Personal Trainer & Somatic Life Coach

APPEARANCES & PARTNERSHIPS:



BOOK RILEE FOR:

SIGNATURE TALK: *THE ART OF ANASTASIS*

A deeply personal yet universally relevant discussion on how breakdowns (*identity crises, career collapses, or spiritual dark nights*) can become the blueprint for rebirth. Rilee shares her own journey from autistic burnout and psychiatric crisis to rebuilding the self and rewiring the nervous system along the way, offering both creative, soul-infused inspiration and practical, somatic-backed tools. **Audiences will learn to recognize the transformative potential within collapse, integrate shadow aspects of self, and begin crafting a renewed identity.**

SOMATIC MAGIC: *HOUSE OF ASTRAEA, LLC*

Rilee's independent somatic wellness studio fusing mindful movement with creative activities to inspire "inner magic". Using her three-phase proprietary method of releasing emotions, rewriting the story, and rising again, Rilee creates mini-books, audio rituals, and in-person nervous system experiences meant to help you return home to yourself. Learn more at www.rileeastraea.com.

UGC: *MIND-BODY HEALTH & WELLNESS*

Can create user generated ad-content for health, wellness, and beauty. Focus on organic, natural products or brands who prioritize authenticity or neurodivergence. Special focus on concept development and custom scripting. *Only open to roles not shared to personal profile at this time.*

PODCASTS: *SPIRITUAL THOUGHT LEADERSHIP*

Open to booking interviews and guest appearances for podcasts centered on modern spirituality, mind-body wellness, existential philosophy, and more.

MY 90-DAY INSTAGRAM SNAPSHOT

ACCOUNT REACH:

1.5M

FOLLOWERS:

6K +

TOTAL VIEWS:

3.1M



Likes	254,450
Comments	7,371
Saves	24,971
Shares	25,224
Reposts	9,493