

RILEE ASTRAEA BRENNAN

MYSTIC IN THE MATRIX

POETIC AUTHOR & PERSONAL TRANSFORMATION COACH

MEDIA PACKET



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BIO & PERSONAL SUMMMARY

A poetic author and personal transformation coach, I use shadow, story, and self-expression to rewrite your narrative.

Rilee Astraea is a **poetic author and personal transformation coach** focused on healing through shadow, story, and self-expression.

Known publicly as ***Mystic in the Matrix***, Rilee leads with her voice—using poetic books, narrative mentorship, and thought leadership essays to help others navigate personal transformation. She writes genre-blurring, poetic nonfiction rooted in psychology, identity, and personal transformation, offering a grounded yet expansive lens for those learning to live awake.

A former communications and transformation consultant for Fortune 500s and government agencies, Rilee once helped others refine their public voice. But after years in systems that rewarded performance over presence, she — *a neurodivergent woman* — experienced a spiritual awakening that unraveled her identity and reassembled her truth. What looked like “madness” was actually mysticism, leading her back to the one voice she had long ignored — *her own*.

That unraveling has now become a living body of work that bridges the poetic and the practical. Her debut memoir, ***The Other Side of Awakening***, is a lyrical account of ego death, psychiatric unraveling, and spiritual rebirth. Described as *The Book of Disquiet* meets *The Prophet*, it’s a genre-defying testament to storytelling as a tool for transformation. Forthcoming titles include ***Praying for My Starseed*** and ***The Art of Anastasis***, where she introduces her **signature methodology of narrative reconstruction and personal transformation**.

Today, she lives the message she teaches—choosing creativity over conformity, and presence over performance. Alongside her husband, **Tim Brennan**, they are building a life rooted in story, soul, and sustainability under their seasonal studio, ***House of Astraea***.

While Rilee leads the soul side of the studio through storytelling, embodiment, and personal transformation, Tim leads the soil—grounding their shared vision in reclaimed design, slow living, and sustainable practice. Beyond Rilee’s writing and mentorship, their work includes handmade art, upcycled and reclaimed pieces, and creative expressions of what it means to make beauty from the everyday.

What began as a breakdown has become a lifelong practice of reclamation. Whether through restored pieces or reimagined narratives, Rilee’s work reminds us that **you are the story — and you can always write a new one**. Check out her main offerings below.

Narrative Guidance & Mystic Mentorship: My direct work with individuals moving through identity shifts, burnout, or inner unraveling. I offer intuitive “Personal Story Sessions” and longer 1:1 mentorship using *The Art of Anastasis*, blending narrative reframing, somatic awareness, and personal guidance.

The Cosmic Library: The written body of work that holds my thinking, feeling, and lived experience. It includes my books, poetic essays, and the Mystic in the Matrix series — each one exploring the intersection of story, consciousness, neurodivergence, and spiritual integration.

Soul & Soil: The grounded, artistic expression of everything I teach and live. A physical gallery of upcycled objects, handmade art, and curated pieces that carry energy and story where healing becomes visible through embodiment, creative ritual, and everyday beauty.

SPEAKING + PODCAST TOPICS

The Body Remembers the Story: A look into somatic storytelling—including art and movement—for nervous system healing.

From Breakdown to Breakthrough: How ego death, misdiagnosis & crisis can lead to awakening.

Becoming the Oracle: Leading beyond labels and trusting your intuition through your own embodied truth.

Your Body Isn't the Problem. It's the Story You Were Given: A bold reframe on mental health and identity—a new lens on healing that merges narrative, neurology, and spiritual insight to help people rewrite the stories trapped in their bodies.

Somatic Storytelling is the Future of Mental Health. Here's Why: Therapy isn't the only path to healing. Rilee's method uses ritual, writing, and rhythm to help people access emotional truth and reclaim their original identity—without over-intellectualizing or pathologizing the process.

Reinvention for the Emotionally Intelligent: What Comes After Awakening?: Burnout, identity collapse, and spiritual disorientation aren't the end—they're the threshold. Rilee guides sensitive, high-achieving souls through the messy middle, helping them rewrite their narrative from the inside out.

Narrative Alchemy: Using Story, Symbol, and the Body to Rewrite Your Life: Blending Jungian insight with poetic psychology, Rilee Astraea shares a revolutionary process of identity reinvention that goes beyond mindset work—inviting a full-body return to authenticity.

Performance Detox: The Truth About Burnout, Reinvention, and Neurodivergence: After years of masking and performing, Rilee offers a new model of success—one rooted in embodiment, emotional clarity, and story reclamation. This is the missing conversation for high-capacity visionaries and sensitive leaders.