

Mindy Arbuckle

Ritual Artist • Spiritual Mentor • Sacred Feminine Guide

Creator of SOULutions App

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## SOULutions Path

Guided by Shakti. Rooted in You.

### About Mindy

Mindy Arbuckle is a spiritual mentor, multidimensional healer, and sacred feminine guide with 25 years of experience in embodiment, yoga, mantra, and energy work. She is the creator of the *SOULutions App* — a transformational platform offering sacred practices, multidimensional healing, spiritual coaching, and community-based support for living an embodied, soul-aligned life. Her teaching blends spiritual wisdom with grounded, real-life integration, helping people step into their power without bypassing their humanity. Through music, ritual, and practical spirituality, Mindy helps people reconnect with their inner voice, reclaim their worth, and awaken the Divine Feminine within.

### About the Work / App

SOULutions App: A sacred companion for living in alignment with your inner truth. Inside the app, you'll find:

- Guided rituals, meditations & healing journeys
- Mantra & sacred sound practices
- Monthly themes & spiritual teachings
- Embodied movement & yoga
- Community gatherings
- Micro-lessons on intuition, energy, and the Sacred Feminine

### Who Mindy Serves

- Seekers ready to awaken their inner light
- Empaths, sensitives, and intuitive professionals
- Spiritual entrepreneurs and leaders
- Women and men craving grounded sacred feminine wisdom
- Yoga, meditation & energy work practitioners
- Individuals healing burnout, old patterns, and disconnection

### Signature Speaking Topics

- Awakening the Sacred Feminine in Everyday Life
- The 9 Feminine Principles of SOULutions
- Mantra & Sacred Sound for Healing
- Reclaiming Self-Worth & Embodied Leadership
- Intuition, Inner Knowing, & Energy Alignment
- Healing the Sister Wound & Balancing Feminine/Masculine
- Motherhood as a Spiritual Path
- Spiritual Embodiment for Busy Humans

### Platform Highlights

- Creator of the SOULutions App
- Author of *7 Steps to Happy*
- 25 years teaching; 12,000+ teaching hours
- Former owner/leader of a yoga studio community for 16 years
- Presenter at leading yoga + spirituality festivals and global online summits.
- Music creator (Mantras for Mamas & Goddess tracks)
- Featured in: Glenwood Springs Post Independent, Aspen Times, Sopris Sun, VoyageDenver, Shoutout Colorado

### CONTACT MINDY

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