



MINDY ARBUCKLE

RITUAL ARTIST & SACRED GUIDE

Creator of the SOULutions Path — Where Spirit Meets Real Life

Podcast Guest One Sheet

Practice Presence. Live Soulfully.

Guided by Shakti. Rooted in You.

Mindy Arbuckle is a ritual artist, sacred guide, speaker, musician, and author who helps people turn spiritual insight into everyday embodied alignment. With 25+ years of experience teaching yoga, meditation and spiritual growth, she brings a grounded, heart-centered voice to conversations about the sacred feminine, the five koshas, healing, mantra, ritual, purpose, and real-life spiritual practice. As founder of SOULutions and author of *The Next Step*, Mindy helps people trust their inner wisdom, rise beyond old limits, and live with more courage, presence, and soul-led truth.

SIGNATURE CONVERSATIONS



Sacred Feminine
Wisdom & Shakti
in Everyday Life



The Five Koshas &
Embodied
Alignment



Ritual, Mantra &
Meditation for
Real Life



Healing, Nervous
System Support &
Emotional Resilience



Purpose, Presence
& Soul-Led Living



GREAT PODCAST TOPICS

- Turning spiritual insight into everyday embodied alignment
- The sacred feminine in modern life
- A practical introduction to the five koshas
- Ritual, mantra, and meditation as tools for healing
- From overwhelm and self-abandonment to presence, peace, and purpose
- Sacred union and balance



SAMPLE INTERVIEW QUESTIONS

- What does embodied alignment mean?
- How has the sacred feminine shaped your work?
- Can you explain the five koshas simply?
- How do ritual and mantra support healing?
- What helps insight become transformation?
- What is the core message of *The Next Step*?



WHY AUDIENCES CONNECT

- Down-to-earth spirituality
- Warm, engaging presence
- Inspiring personal storytelling
- Sacred rebel wisdom with grounded takeaways
- Open-hearted energy rooted in love and light
- Deep spiritual topics made easy to understand
- Embodied sacred feminine wisdom
- Practical tools listeners can use immediately



QUICK FACTS

- Founder of SOULutions App and Creator of the SOULutions Path
- 25+ years teaching experience
- Speaker, musician, and author
- Based in Glenwood Springs, Colorado
- Creator of Shakti Rising Circle
- Author of *The Next Step: Turning Spiritual Insight into Everyday Embodied Alignment*

BOOKING & CONTACT



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Location:
Glenwood
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Available for podcasts, interviews, summits, and guest conversations.