



CARIBOU AZORES

Chapters and Authors



JULIE L. WILLIAMS

Chapter 1

My Dog is My Guru

Finding Love: From Inherited Pain to Authentic Belonging, Guided by Love



JEAN-MANUEL NADEAU

Chapter 2

The Power of Vulnerability

Reclaiming Sensitivity as Inner Guidance



ANGELA ORORA MEDWAY-SMITH

Chapter 3

The Phoenix Heart

Rebirth From the Ashes of Betrayal



ANANDRA GEORGE

Chapter 4

Sensational Sound and Mantra

A Life Kit to Radically Embody the Yoga of Vibration



DAVIS "REALISTIQ MYSTIQ" BROACH

Chapter 5

The Body Knows the Way Home

A Guide For the Overwhelmed and Authentically Lost



ANIA WOOD

Chapter 6

Taking a Risk on Your Dreams

How to Start Your Soul-Led Business



ZANDER HOLDORF

Chapter 7

The Night I Stopped Running

The Crisis That Let Me Become Myself



SARAH LYNCH

Chapter 8

The Night Love Whispered

How Deep Trust In Your Inner Voice Reshapes Life



DR. ÉADAOIN NÍ CHALLARÁIN

Chapter 9

The Living Well

Returning to Wisdom and Health Through The Body



JANINE THORP

Chapter 10

Trusting the Whispers Within

Becoming a Clear Channel for Your Soul's Work



GRÁINNE BENNETT

Chapter 11

Creativity and Healing the Family Soul

The Wisdom of Our Ancestors and Art



MAYA BENHARROCH

Chapter 12

From Conflict to Harmony

Turn a Cyclical Fight Into a Path For Connection



DAVID SMITH

Chapter 13
Finding Inner Peace
A Guide to Overcoming Life's Challenges



SUSANNE ZIEWER

Chapter 14
Crocodiles and Other Creatures
Great and Small
A Tool to Open a Space for
Wisdom, Joy, and Surprises



KIERAN BURKE

Chapter 15
Aligning Biology With the Morphic Field
The Integration of Physical and
Energetic Bodies



LINDA M. EVISTON

Chapter 16
Beneath Time's Veil:
Connecting to The Higher Self
A Trance Journey Revealing Truths and
Self-Recognition



JOAN DAVIS

Chapter 17
Who am I?
Connecting to a Deeper Intelligence



LAINIE SEVANTE WULKAN

Chapter 18
When Food Becomes Frequency
Elevating Your Mood With
High Vibrational Eating



URBAN WALTENSPUEL

Chapter 19
Our Five Core Capacities
A Compass for Navigating Life's Transitions



MARCIA O'REGAN

Chapter 20
Healing Color
From Lifelong Pain to Limitless Abundance



LOUISE O'LEARY

Chapter 21
Meeting the Horse Halfway
Creating True Partnership,
Magic, and Healing



REV. DR. TRACEY L. ULSHAFER

Chapter 22
The Accidental Yogini
How One Serendipitous Step Opened
The Flow of Grace



DOROTHY SHAVER

Chapter 23
Setting the Table for Joy in Times of Grief
Lessons in Love,
Laughter, and Nourishment



KILLIAN STOKES

Chapter 24
A World Apart in a Single Cup
Coffee, Forests, and the Cost of Comfort