



**Lily Winsaft** is a spiritual teacher, energy alchemist, and author devoted to helping others reconnect with their Inner Voice and align with their Soul Purpose. With decades of experience in metaphysical study, energy healing, and personal transformation, she guides others through deep inner work with clarity, compassion, and fierce authenticity.

Lily's Life Mission is to awaken Conscious Leaders for a new era by weaving grounded spiritual wisdom with high-frequency truth. She is adept at helping leaders to enter states of elevated awareness so they can lead from their grounded essence and truth, with all their intuitive gifts activated and expressed. Her teachings align with neuro-science backed research that points to the importance of heart-brain coherence. Her passion lies in helping every human being remember who they are and why they chose this lifetime on planet Earth.

Her extensive background as an entrepreneur and corporate executive makes her an ideal spiritual guide for those that want to transcend “business as usual” and enter the world of “Conscious Leadership for the 22nd Century,” a phrase Lily has coined to inspire humanity to create a future that is Empowered, Worthy and filled with Light.

As a certified Facilitator and Group Leader of Transformational Breath®, Lily supports others in healing and alchemizing DNA and the human genome—tools vital to the next stage of humanity's evolution. Through her work as a Life and Spiritual Path Coach, she teaches clients to access multi-dimensional realms, witness energy healing, interpret dreams, and embody their sacred power. She carries out this transformational work through online programs and spiritual retreats around the world.

Lily's Soul Mission includes anchoring Gold Lines of Communication for humanity; both individually and collectively—and transmitting the frequencies of Remembrance, Love, Forgiveness, and Compassion on Earth.

A devoted sunrise chaser, Lily has documented the rising sun every single day for over 8 years. Her daily ritual is more than a practice—it is a sacred communion with the Cosmic Realm and the Ascended Masters who walk beside her.

She lives in Hobe Sound, Florida, with her Beloved Life Partner and husband, Dan. She is the proud mother of two adult sons, Lance and Kory—both of whom carry the soul imprint for service to humanity and the South American indigenous family lineage held for hundreds of years.

To learn more about Lily and her work, visit [www.lilywinsaft.com](http://www.lilywinsaft.com)