



Kat O'Brien

Reclaiming My Magick

With over a decade in a conventional nutrition practice and a lifetime of trying to fit into the "normal" box, Kat found herself burnt out, and unwilling to continue living her life for what society expected of her. She put her life on pause, to get still, and to rediscover her magick! That journey led her to discover the basic blueprint of how she incarnated into this life, and that blueprint calls her to explore transformation, freedom, and nourishment in a new way! She is both a hermit and a soul who cares passionately about humanity's healing.

Weaving magick into every aspect of her life is what lights Kat's soul on fire and makes this life juicy! And she loves to help people find what nourishes their body, mind and spirit so they too can be reminded of their magick.

Kat is an alchemist who follows the ancient art and science of alchemy, which holds that true transformation must occur first internally before the outward transformation can manifest.

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