

Actualize Your Life's Purpose

Get from where you are
to where you want to be with
meaning, purpose, and fulfillment



Raileigh Duschen

Founder of Conscious Lifestyle Coaching, author of *Phoenix Medicines*, and spiritual expert in the Amazon best-seller, *Women Connected in Wisdom Vol II*

"What's most remarkable about Raileigh isn't just her unconventional path, but her awareness and wisdom she displays. She is committed to spiritual growth and wisdom. She is an old soul in a young body, at the start of a life-long journey to learn, to share and to love. I suspect her inquisitiveness and unique outlook will take her interesting places. This is a conversation for all of us, about the ongoing quest for greater consciousness, for peace and for a simple love of life. It's a conversation you don't want to miss."

Pat Wetzel,
Bump in the Road Podcast

In 2019, Raileigh surrendered a medical school scholarship, friends, and family behind in Florida and moved (alone, with \$200 in her pocket) to the mountains of Western North Carolina to heal generational disease and poverty as she began her career in mindful business entrepreneurship.

Now 27 years old, she is a two-time professionally published author and poet, public speaker, and world-reaching soul guide for entrepreneurs, visionaries, and change-makers on the paths of self-development, healing, and spirituality. She has been featured in numerous documentaries and engaged with national leaders in business, consciousnesses, and social justice.

Story ideas... steps for the brave soul

- The wild child: real stories of what happens in Wilderness Therapy
- Your soul's calling: med-school dropout to business entrepreneur
- Asheville's truth: homeless and broke to outdoor executive lifestyle
- Conscious living: what it means and how to do it
- Warning signs your work life has no soul (are you a "sell-out"?)
- Why this student prodigy gave up medical school for farming
- What is spiritual entrepreneurship? Helping career execs reclaim self-care
- How to prevent loss from natural disasters: a young shaman explains
- Is the "twin flame" phenomenon a toxic cult?
- Hippy cults - where and why they still exist
- Is America spiritually free? Exploring consciousness slavery
- Will retreat companies in Western North Carolina come back soon?
- Spiritual narcissism: Asheville's Healing Community is too competitive
- How hard is it really to live and work in the North Carolina mountains?
- Should you send your child to Wilderness Therapy?
- Can you trust summer mountain camps?
- Remembering rohypnol: when the child sex abuse survivor grows up
- Conscious Lifestyle Coaching: where modern spirituality and culture meet

Contact Us



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