

# The Pursuit of Your Wildest Self

The keys to unlocking your most healed, free, and authentic path



## Raileigh Duschen

Founder of Conscious Lifestyle Coaching and author of "Phoenix Medicines"

"Raileigh is a beam of light. She radiates a divine connection that is not often seen. Her wisdom is far beyond her years. The Conscious Lifestyle is the way out of suffering. Awakened young leaders like Raileigh are a reminder that the future is bright indeed."  
—Inspire Campfire Podcast

"While most of our workshops have to do with practical skills for growing food, it was invaluable to have a class that brought in the spiritual connections. I had a participant come find me at the conference to let me know that it was his favorite class, and that he had experienced a breakthrough moment during the workshop with Raileigh. She has so much to offer the world."  
—Organic Growers School

In 2019, Raileigh left a promising medical seat, 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 and begin a career in business entrepreneurship. Three years later, now 25 years old, she is a published author and poet, business owner and executive, public speaker, actress, model, social activist, film producer, farmer, yoga teacher, wilderness guide, and martial artist... Raileigh elevates and transforms lives by sharing the unusual, adventurous, yet practical tools from her journey!

### Story Ideas...aka steps for the brave soul

- The wild child: stories of the hero's journey in Wilderness Therapy
- How to commit to your soul's calling: med-school drop out to business entrepreneur
- The truth about bootstrapping: homeless and broke to executive lifestyle
- Signs you are not living your true life purpose
- How to start the journey to soul mission and purpose
- What happens when you go through spiritual awakening
- Navigating the ocean of significant life change
- How love ignites the fire of resilience
- Finding faith through dark times
- Ways to free your spirit and feel alive again
- Earth medicines for deep and transformative healing
- Conscious living: what it means and how to do it
- Fun and adventurous tools for self development and empowerment
- How to let go of what is not meant for you
- Guided meditation: embodiment to your Highest Self
- How to overcome fear and take that leap of faith
- Acceptance: coming to peace with trauma and death

