

Podcast Guest Sheet

Name: Teanna Taylor

Focus: Conscious change, meditation, spirituality and science, seasonal rhythms, and heart–brain coherence.

Website / Media Page: www.TeannaTaylor.com

Bio

Teanna supports people in creating meaningful, sustainable change by working with natural flow, nervous system safety, and compassionate awareness. Her work weaves together spirituality, meditation, and science—exploring how brain states, subconscious patterns, and seasonal rhythms shape manifestation, healing, and personal growth.

Drawing from both professional work and lived experience, including recovery after a stroke, Teanna offers a gentle, trauma-aware approach to change that replaces force with alignment, trust, and inner wisdom.

Signature Topics

- **Creating Change Beneath the Surface**
How meditation and mindfulness shift brain states from beta and gamma into theta and delta, opening access to balance, intuition, and spiritual insight.
- **Why January Is the Worst Time for Resolutions and Manifesting**
Why winter is biologically and energetically designed for rest and reflection, not forcing change.
- **Shadow Work Isn't Scary It's Remembering What Protected You**
A compassionate reframe of shadow work as awareness of subconscious protection patterns.
- **Nervous System Safety and Brain–Heart Coherence**
Why lasting change only happens when the nervous system feels safe.
- **Why Change and Manifestation Don't Work the Same for Everyone**
How individual learning styles and felt experience shape sustainable change.
- **Manifestation Through Alignment, Not Positive Thinking**
Why emotional resonance, not mental effort, bridges desire and reality.
- **Living in Sync With Nature, Not Man-Made Time**
How seasonal living restores flow, trust, and energy.
- **Soul Purpose, Ikigai and Trusting the Flow**
Exploring Ikigai as a pathway to soul-aligned purpose without force.
- **Trauma, Meaning and Rebalancing**
Why meaning-making supports integration and resilience.

Quotable Lines

“Nothing in you needs to be forced... change begins when the body feels safe enough to listen.”

“Your shadow isn't who you are; it's who learned how to protect you.”

“When we stop forcing change and start listening, alignment happens naturally.”

Media Notes for Hosts

- Conversations are guided by audience comfort and tone.
- No graphic medical or trauma detail is shared.
- Emphasis is on safety, awareness, and integration rather than fixing.

Media and Bookings

For podcast and media inquiries:

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