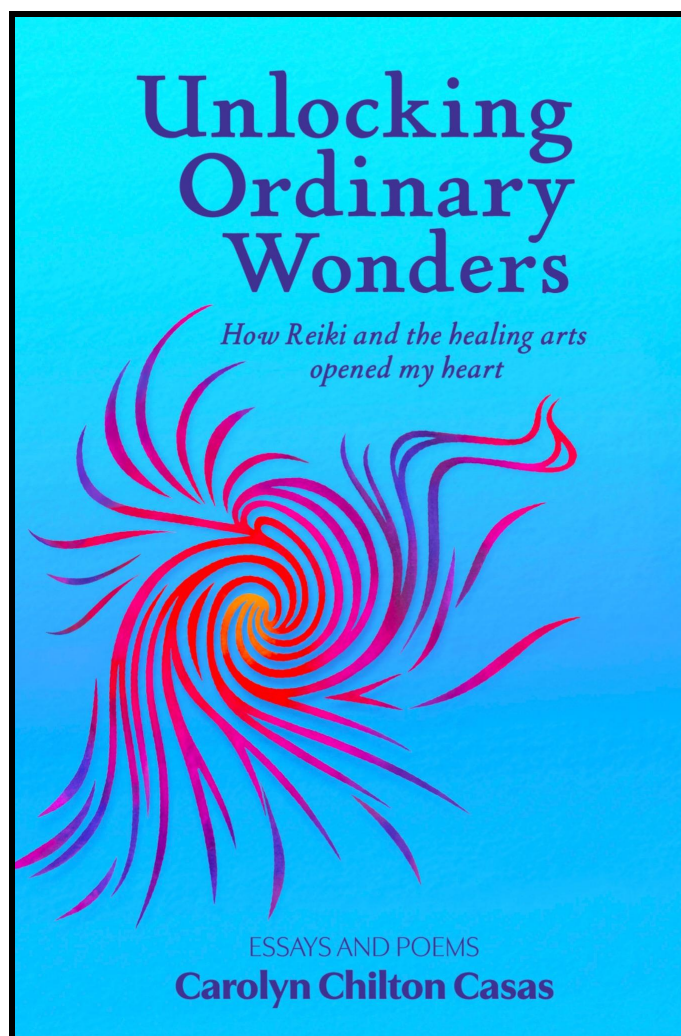




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Carolyn is available for print, radio, and podcast interviews.

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Carolyn's passion and dedication to energy medicine in all its forms, and her constant search for spiritual growth, are a powerful focus for her in this lifetime.

—Rose O'Connor, REIKISLOVE, Master Reiki Teacher

Unlocking Ordinary Wonders is a transformative journey into the healing arts in a way that feels personal and very human—full of growth, loss, curiosity, and genuine wonder.

—Chellie Kammermeyer, InnerCompass Reiki, Licensed Reiki Master Teacher

A stunning feature of Unlocking Ordinary Wonders is how Carolyn integrates her own poetry to reflect the creative energy that flowed through her with a consistent Reiki practice.

—Perie Longo, PhD, LMFT, PTR, Santa Barbara Poet Laureate Emerita

Synopsis

In *Unlocking Ordinary Wonders*, Reiki Master teacher Carolyn Chilton Casas weaves together essays and poems that chronicle her transformative journey into energy healing and its ripple effects throughout her life. Beginning with an unexpected encounter with Reiki during a trip to India, Casas guides readers through her evolution from curious newcomer to dedicated practitioner and teacher. With accessible prose and evocative poetry, she explores how energy practices have enhanced her relationships, deepened her connection to nature, and provided practical tools for navigating life's challenges.

About the Author

Carolyn Chilton Casas is an Usui/Holy Fire® III Reiki Master Teacher, Holy Fire® III Karuna Reiki® Master, and Animal Reiki practitioner whose healing work and writing life are deeply intertwined. She offers Reiki sessions, teaches classes, hosts Reiki shares, and volunteers at a cancer center providing energy balancing sessions. She brings both experience and accessibility to the subject of energy healing through her articles published in multiple countries. Carolyn's poetry has appeared in journals and magazines such as *Amethyst Review*, *Braided Way*, *California Quarterly*, *Odyssey Magazine*, and *One Earth Sangha*. Her poems have been published in anthologies including *The Wonder of Small Things: Poems of Peace and Renewal* (Storey Publishing), *Women in a Golden State* (Gunpowder Press), and *Thin Places & Sacred Spaces* (Amethyst Press).

Carolyn is the author of two poetry collections, *Our Shared Breath* (Penciled In, 2021) and *Under the Same Sky* (Golden Dragonfly Press, 2024). Carolyn lives on the Central Coast of California. See more of her work on Instagram and Facebook, and at www.carolynchiltoncasas.com.

