



Cathy Towle

Cathy Towle is a shamanic energy healer, intuitive, sacred activist and author. A veteran of the media industry, Cathy spent 22 years as a design and marketing executive, working in advertising agencies, design firms and multi-media companies. She also ran her own design firm, Catfish Design, for ten years.

After 2002, Cathy shifted her focus in a new direction. She became an interfaith minister and spiritual counselor, and re-engaged with the energy healing techniques she had been studying and practicing for fifteen years. She became interested in how the creative process, spiritual self-knowledge, and deep listening can reframe how people engage with their work. She began consulting with companies to develop leadership with the capacity to foster change.

In 2005 she developed The Center for Integrative Wellness for Cicatelli Associates, a program teaching health care professionals about complimentary alternative medicine (CAM) therapies and the connection between mind, body, spirit and community. In 2006, she joined forces with internationally known author and spiritual teacher Andrew Harvey to manage his career and to create the Institute for Sacred Activism, providing leadership training steeped in spiritual technology in an effort to bring cultural change into the global community.

In private practice, Cathy works with individuals as a spiritual mentor, teaching them how to embrace and navigate the changes with which we are surrounded. She also works with authors, helping to build their careers. She is writing a book on Ecospiritualism and is a contributor to the “Living Now Anthology,” which will be published in 2009. She joined forces with longtime friend Susanna Kearney, to co-direct Green Parents Alliance, because she couldn’t resist the opportunity to work with schools and parents, ensuring that their children become stewards of the environment.

Cathy graduated from Boston College with A BA in Fine Art in 1980, and learned design and marketing from the bull-pen school of hard knocks in Boston advertising agencies. Her foray into energy healing and spiritual development started with the acknowledgement of a lifelong gift of intuition that just wouldn’t go away. She became a Reiki Master Teacher in 1994 in the tradition which is now called Tera Mai Reiki, and was ordained as an Interfaith Minister by One Spirit Interfaith Seminary in 2005. Cathy successfully completed the Forever Family Foundation Medium Certification Program in 2006. She has also participated in mediumship research with Dianne Arcangel and Dr. Emily Kelly at the University of Virginia. She has studied Hinduism, Buddhism, esoteric mystery traditions, shamanism, herbology and earth centered religion, and is the daughter of a West African spiritualist tradition called Palo.

Cathy lives in Brooklyn with her husband Tom, two rambunctious children, a dog, two cats and a hamster named Fluffy.