



### **Biography for Catherine Richardson, Ph.D.**

*What would make a corporate attorney abandon all her professional training and previous ambitions to seek spiritual truth? Nearly dying might be a good enough reason....*

Catherine Richardson is a former corporate attorney who spiritually awakened following a near death experience. She found herself profoundly changed, and decided to pursue a career in the healing arts. Catherine went on to earn a Ph.D. in transpersonal counseling, and now helps others to empower themselves and to expand spiritually. She is also an Energy Psychology practitioner, certified life coach, and ordained minister.

Catherine is the author of the well-received *The Starfleet Messages: A Galactic Guide to Spiritual Expansion*, a channeled book that has been described as "a modern day guide to higher conscious living." Her channels and articles have been published in *Cosmic Lighthouse Metaphysics Magazine*, *The Magic of Being Magazine*, and *Sedona Journal of Emergence*. Catherine is a frequent radio guest, and has appeared on the Virtual Light Broadcast at [Lightworker.com](http://Lightworker.com). She conducts private sessions, and also teaches workshops on empowerment, self-healing, and connecting with the Divine.

Catherine resides in San Diego, California. Find out more about her at [www.TruthJoyLove.com](http://www.TruthJoyLove.com).