



# Leah Welborn

## The Mystic Autistic

Writer, Motivational Speaker,  
Spiritual Coach & Podcast Host

### SIGNATURE TOPICS

- ★ Living a Soul-Lit life
- ★ Empowerment for neurodivergent and/or creative people
- ★ Developing and maintaining healthy habits
- ★ Falling deeply in self-love
- ★ Working with the divine/dark feminine
- ★ Meditation (like absolutely everything else) is not a one-size-fits-all
- ★ The polyvagal nervous system's role in wellness
- ★ Tapping and other stress relief practices

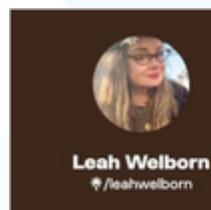
Leah is a widely-published writer and speaker on the topics of spiritual growth and somatic healing.

A late-diagnosed autistic woman, **Leah is on a mission to inspire people to empower their most magical, sacred selves through profound self-love.**

Leah's also the creator of Empower Your Magical Self and is the host of the podcast of the same name.

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I'm the Mystic Autistic...Empower Your Magical Self  
with me, Baby!

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