

Dr. Sondra Barrett calls herself an inner space explorer. With a PhD in biochemistry and post-doctoral fellowship in immunology-hematology, she began researching human leukemias (blood cell cancers) and discovered the amazing world of cells. Her research at University of California Medical School (UCSF) focused more on children's leukemias and took her out of the lab to spend time with the children as the "balloon lady" and to explore what is healing. Her explorations including studying with expressive arts pioneer Anna Halprin, shaman Tomas Pinkson and Qigong Master DaJin Sun.

With the microscope as her portal into the invisible universe of our cells, she fell in love with who we are. Her curiosity took her into using cells as teachers and while still at UCSF, she was having children with cancer draw their cells and how they were feeling.

What she was learning about healing she brought back to the children and later to groups for adults with cancer and immune illnesses using art and guided imagery to tap into their inner wisdom. Soon she morphed into a teacher of mindbody health (psychoneuroimmunology- PNI) to health professionals and at numerous graduate schools such as California Institute of Integral Studies, JFK University, and University of California. Taking her 'show' on the road she delivered workshops at Esalen, Naropa, and Earthrise Retreat Center.

As an innovative educator who brings together art, science and the sacred, Dr. Barrett has taught Cellular Intelligence workshops in China, Scotland, and Malta. Naturally her classes include the hidden microscopic beauty within us as well as experiential practices using art and the body. Her next online program Romancing Our Cells begins May 4, 2022.

Dr. Barrett is author of 3 books including *Secrets of Your Cells: Discovering your Body's Inner Intelligence*; *Ultimate Immunity*; and *Wine's Hidden Beauty*. Her unique work includes her photographic discovery through the microscope of elemental sacred geometry. This unexpected finding, when photographing minerals associated with the Zodiac, led her to offering private Elemental Guidance readings based on a person's birth chart. Her latest project, MicroCosmic Wisdom oracle cards and guidebook, in press now is a deep dive into elemental wisdom.

She began studying intentional creativity a few years ago in Shiloh Sophia's Radiance program and has been revisiting the power of our own personal expressions for healing, learning and knowing.

LINKS

Website: <https://sondrabarrett.com/>

Readings <https://sondrabarrett.com/elemental-guidance/>

Romancing Our Cells: <https://sondrabarrett.com/romancing-our-cells/>

MicroCosmic Wisdom Cards: <https://sondrabarrett.com/microcosmic-wisdom-cards/>

Other classes: <https://sondrabarrett.com/programs-2/>

Secrets of Your Cells book: <https://sondrabarrett.com/secrets-of-your-cells>