SAFRA TURNER

WORKSHOP FACILITATOR • HOLISTIC HEALTH PRACTITIONER
CONSCIOUSNESS EDUCATOR • TRANSFORMATIONAL SPEAKER

APPROACH & TEACHING STYLE

Safra brings complex philosophical, spiritual, and energetic concepts into meaningful practical application. Her work focuses on the deeper patterns influencing emotional, physical, and energetic well-being and how those patterns can be understood, transformed, and integrated.

Participants are guided through processes that support emotional release, mental clarity, and deeper physical awareness, creating space for genuine transformation rather than surface-level insight.

Her approach is grounded, direct, and deeply supportive, allowing individuals to process what they have been carrying, expand their perspective, and reconnect with their own inner authority.

BACKGROUND

Safra Turner is the founder of iHolistica, a resource-based educational platform dedicated to conscious expansion, personal development, and the exploration of human potential.

Her work is informed by a truly unique convergence of disciplines, bringing together the study of human systems, global structures, consciousness, healing, and personal transformation. Safra holds a Master's degree in International Relations and Counter-Terrorism, served in the IDF, and worked with international organizations and NGOs. She has also spent more than three decades immersed in the energetic, spiritual, and healing sciences.

Today, Safra speaks on consciousness, personal sovereignty, human development, healing, and the deeper patterns that influence individual and collective transformation.

WORKSHOPS & PRESENTATIONS

Safra offers both interactive workshops and structured presentations, each designed to meet the needs of the audience.

TRANSFORMATIONAL WORKSHOPS

Interactive workshops designed to bridge understanding and integration.

- You Are Not Broken: Navigating Emotional Overwhelm
- From Pain to Power: Transforming Patterns into Strength
- The Art of Release: Identifying Patterns, Burdens, and Attachments
- Reconnecting with Your Body: Emotional and Physical Awareness in Practice
- The Language of Patterns: Recognizing Repeating Influences and Their Meaning

SPEAKING PRESENTATIONS

Presentations that spark curiosity, challenge perception, and inspire exploration.

- Plato's Cave in Modern Reality: Seeing Beyond the Shadows
- The Law of One: Unity, Consciousness, and Human Experience
- Personal Sovereignty in a Complex World: Reclaiming Conscious Choice
- The Neural Zone: Beyond Identity, Conditioning, and Separation
- The Water on the Rock: How the Past Shapes the Present

Rooted in decades of study and practice at the intersection of integrative healing sciences, natural law, consciousness studies, and the psychology of awakening.

Safra Turner

Founder, IHolistica Institute for Holistic Health & Advanced Energetica

CONNECT & EXPLORE

WITH SAFRA TURNER

THE MEDIA ROOM

Explore Safra's presentations, podcast appearances, interviews, articles, educational resources, and additional media materials in one convenient location. Scan to access the complete Media Room.

FEATURED PLATFORMS

LIMINAL SPARKS

Thought-provoking, unscripted conversations exploring consciousness, spiritual evolution, personal sovereignty, and the ideas shaping our collective future.

Search "Liminal Sparks" on Spotify

INSTITUTE FOR HOLISTIC HEALTH & ADVANCED ENERGETICA

A member-supported educational and healing platform exploring holistic health, consciousness studies, natural wellness, and personal transformation.

www.iholistica.com

substack

Exploring the questions that emerge at the intersection of consciousness, transformation, and human experience. Readers are welcome to subscribe and follow the ongoing conversation.

safrahealer.substack.com

CONNECT WITH SAFRA

support@iholistica.com

www.iholistica.com

"You are not losing your mind. You are losing **the illusion.**"

Safra Turner

FOUNDER, IHOLISTICA INSTITUTE FOR HOLISTIC HEALTH & ADVANCED ENERGETICA