

"Empowerment Through Intuition and Healing: A Transformative Journey | Naomi Horii…"

The journey towards transformation is marked by moments of introspection, connection, and revelation, where the boundaries between the self and the infinite blur. As we navigate life's challenges, spirituality can guide us toward inner peace, resilience, and a deeper understanding of our existence. Intuitive reader, healer and teacher Naomi Horii has dedicated her life to helping people uncover their innate strength, heal their deepest wounds, and reach more of their fullest potential.



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Naomi's story is a testament to a life of dedication to creativity, purpose, and the quest for self-realization. From her early beginnings, imbued with rich experiences in music, academia, business, and the healing arts, her narrative is one of constant exploration and curiosity.

From an early age, Naomi's life was a symphony of eclectic pursuits. Her musical talents started to blossom at age ten as she accompanied musicians. Her academic journey initially charted towards medicine before veering into the expressive realms of journalism and literature, culminating in a master's degree in literature with a concentration in creative writing. Her educational path reflected a deep-seated fascination with the myriad ways we can enrich and heal the human spirit.

"I loved working at different magazines and publishing houses, but I was always fascinated with healing, whether it was readings, nutrition, essential oils, homeopathy, or acupressure."

Her exploration of healing modalities led her to train with esteemed professionals, including a former doctor and massage therapist for the Chinese Olympic Team. Despite being in such proximity to these fields of recovery, her life took a turn when she received a grim diagnosis of a rare and aggressive cancer, which left her with a 7% chance of survival.

"I was teaching at the University of Colorado, teaching research and writing. When I got my diagnosis, I quit and focused on my healing and the things that were most important to me."

Naomi's diagnosis was a pivotal moment, a crucible that tested and refined her priorities. During this period, her contributions to academia took on a new dimension.

"The director of my department asked, 'What if we did a 'Ways of Knowing' class, which incorporates 10 minutes of meditation?' And I said okay. I loved it because sometimes I would work with the students, and even just by doing a 10-minute meditation, their energy would change so much that they looked physically different."

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During these turbulent times, she decided to step away from her role at the nonprofit organization and literary and arts journal she founded. It was a decision influenced by an intuitive warning from her assistant, a moment of revelation that underscored the importance of listening to our inner guidance and the voices of those who care for us. This act was a life-saving pivot that allowed Naomi to focus on her health and well-being.

"I asked her what her revelation was, and she said, 'You need to quit the journal, or you are going to die.' I said, well, I have to meditate on it. I did, and I realized she was right. I had told her I was planning on quitting after a couple of years once I had made the journal ready to give over to someone. I wanted to give it over in good shape, with everything solid and organized. She said, 'Not next week, not two years from now, not next month, you need to quit now.'"

Being proactive, Naomi ended up giving her team her retirement deadline. She told them she needed all the journal materials out of the house by a specific date, which eerily ended up being the same date as her cancer surgery.

Naomi's reflections on her motivations and the legacy she hoped to leave through her journal work are imbued with a deep love for literature and a commitment to fostering understanding and unity.

"I realized, in some ways, that was kind of my baby. I love literature, and I also wanted to provide a forum for diverse voices to foster appreciation of other cultures and promote oneness through understanding other people and other ways. After I got my diagnosis, I even thought maybe I could squeeze one or two issues out before I died. And then I thought, well, do I really value myself so little? Because I can do more helping people and making the world a better place by being alive."

She emphasizes the importance of recognizing and addressing how we sometimes neglect our own needs or place others' needs above our own.

"I am constantly working on myself, the way I think, the way I appreciate myself. The ways we don't take care of ourselves, don't value ourselves, or put other people's needs before ours are examples of anti-self energy. Cancer and any other autoimmune disease are inherently anti-self energies."

"I had to really be conscious of not putting other people's needs before my own. For instance, with the nonprofit I founded, I thought for a second I could still do that for a while, knowing I would probably die in that process. Then I was like, no, I still have stuff to do, and I have other ways to help people that I won't be able to do if I don't have this body anymore. When I started studying healing, it felt like home to me; I just knew that's what I wanted to devote my life to, and I started doing it with 100% of my heart."

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Traveling around the world, Naomi’s experiences in Brazil mark a significant chapter in her story, where her encounters with alternative healing practices deepened her commitment to understanding and harnessing their potential.

“I had always been circling around it. Once, I went to this healing clinic, and this woman said I’m taking this cord out of your head. When she put her hands above me, I could feel it coming out, and I thought, wow, I have to learn everything I possibly can about this because this is real, and I did. I took every class possible, and that’s all I did in my spare time.”

This moment awakened her to the tangible impacts of energy work and compelled her to immerse herself fully in the study and practice of healing arts, setting the stage for the profound work she would go on to do. She continued to study with several different healers over the years, including her spirit guides and Ascended Masters.

With this knowledge, she opened up her school and practice, [Holding Light Productions](#), which has been serving clients and students for over two decades.

Some of the services she offers include intuitive reading sessions, healing, deprogramming, and getting to the root of subconscious blocks to their individual goals. Her services are designed to help individuals align with their “inherent divine vibration of love,” addressing various areas such as emotional, spiritual, mental, financial, and relationship issues.

Sessions can focus on health or other areas, using energy tools such as waveform inversion, karma release, akashic record influences and cleansing, and other spiritual practices. She offers free healings during the full moon, healings for animals and children, birthday specials, and free student readings or healings.

Naomi also provides several classes for those seeking to become healers or to find insight, including Modern Mystic: Embodying Your Divinity, a Modern Mystic grad class and special-topic in-depth clinics such as Living a Life of Love, Divine Sex and Connection, Breaking the Bottleneck, Manifesting Your Divine Abundance, and Bringing Light to the Shadows—a class centered around working through the shadows in the subconscious that used to control our lives

Naomi is finishing up her second season of her live internet TV talk show, HeartSpeak with Naomi Horii, where she interviews guests such as poets, healers, qi gong masters, astrologers, and mediums, having created over 60 episodes of engaging dialogue about spiritual matters. She will be taking time off to produce her other video projects in her creative queue.

When she’s not teaching, lecturing, or working with clients, she writes songs and performs with her music partner, Dr. Mike Barnett.

Through her work, Naomi helps her clients address trauma and self-sabotage, a phenomenon many experience yet struggle to recognize or understand within themselves. By shedding light on this issue, she encourages a deeper self-inquiry into the patterns that hold us back from moving forward.

“Many people self-sabotage and have no idea that they’re doing it. For example, maybe it’s because of trauma they experienced when they were younger or just patterns they’re unknowingly repeating from their family dynamics.”



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These patterns can be deeply embedded in our psyche, shaping our perceptions and behaviors.

“They may think, ‘Oh, is there a different way to interact with people than my family’s way?’ They bring that way of relating out in the world, and they just think, ‘Oh, I don’t have good luck with money, or I never have good luck with love,’ but really, they’re not aware of all the different ways they’re repeatedly creating certain outcomes with their way of thinking and their energy. The mind is the foundation for everything in our life. How we think, consciously or subconsciously, affects what we create for our life.”

How we present to the world often reflects how we see ourselves. This reflection isn’t always accurate, as our internal narratives and beliefs color it. “Maybe someone who doesn’t have a good image of their own worth shows up a certain way, and maybe it’s in their posture, the way they talk, the way they’re self-deprecating, and of course, that affects how others treat us,” she says.

These behaviors can become deeply ingrained, forming the basis of our interactions and relationships.

“Whether through their language or making jokes about themselves or putting everybody else’s needs above their own or idolizing other people like celebrities or their boss or the person they are in love with, it creates this dynamic that’s the foundation for their whole life. And then things don’t work out because it’s based on wounds they have not healed.”

Naomi’s reflections on societal issues, such as the collective neglect of mental and spiritual health and the challenging balance between personal integrity and professional obligations, further enrich her call to her purpose.

“Many workplaces or modern societies require us to disassociate from different parts of ourselves, cut ourselves off from our hearts. For example, every industry is full of many types of people, including those who just want to help others. But how do you be a good person with good intentions and then do all of what is required by your job, even the parts that may not be aligned with your personal values?”

These questions challenge us to consider the complex interplay between personal values and societal roles, urging a reevaluation of the structures and norms that govern our lives.

“How do you work in certain systems,” she asks, “and say no to people because that’s part of your job? How do you be a good parent and not lose yourself? So, we’re all trying to find that balance of being our authentic self while also being able to show up responsibly as part of society.”

In her exploration of trauma and its widespread impact, Naomi offers a lens through which to view the often-unseen scars that many carry. She emphasizes the necessity of addressing these wounds, not only for personal liberation but for the health of society at large.

“If someone has PTSD from their personal life or corporate PTSD, when we try to repress trauma and don’t deal with it, it may present in strange ways against someone or institutions, even on a subconscious level.”

Her observations about the pervasive nature of trauma and the importance of confronting rather than concealing it serve as a clarion call for a more empathetic and supportive societal approach to healing.

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"It's important for us to learn as a society that it's okay, and not only okay but necessary, to deal with our traumas and not be ashamed of seeing a therapist or talking to our friends about what we're going through to be able to resolve it so that we can show up in the world in a healthy way."



Statue of Kwan Yin, embodiment of love and compassion

The collective acknowledgment of trauma is essential for creating a healthier, more harmonious world. On some level, the pandemic was like hitting the pause button on the planet. It forced us to reevaluate our priorities and reconsider how we live.

"Sometimes psychiatric drugs are necessary for certain people's brain chemistry, perhaps temporarily, but it's up to a qualified doctor to help them determine this," she acknowledges. "It's also important for us to look at why we are struggling in the first place. It's important to look at the whole picture of the spiritual, mental, and emotional factors as well, instead of solely tamping down our despair with chemicals and not addressing its causes."

Her collaboration with astrologers allows her to provide deeper understanding and guidance. While advising her clients about life-changing events, she reaches out to other practitioners. "I like to have an impartial person look at it too for those kinds of life-changing communications. Many psychics and healers consult with me as well to get a clearer picture of the energy dynamics involved in their active cases."

Naomi can also guide clients on which topics they could explore with other professionals with expertise in more traditional forms of medicine, such as their psychotherapist or other doctors. The goal is to understand the root cause of challenges.

Most people don't realize they've created a life based on their wounding. We take things personally when they aren't personal. It's a common tendency born out of our own unresolved issues.

"When we haven't done our inner work, we can project our wounds onto other people when they're just trying to take care of business, and it perpetuates this whole cycle that gets repeated until people give up and go, oh well. We have to train ourselves to take a moment and get neutral, to start cleaning out the old pictures of who we think we are so that we can start to see who we truly are."

She shares a personal anecdote to illustrate this point, recounting a childhood experience that profoundly affected her self-image.

"When I was five, my mom took me to a creative dance movement class, and the dance teacher said to her, 'Your daughter is the most uncoordinated child in the world. Never bring her back.' And I became completely uncoordinated because my mom told me that. We both believed her. After all, she's an expert; she would know, right?"

It took her until adulthood to start questioning those beliefs she grew up with. This journey of self-discovery wasn't easy, but it was essential for her

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development and healing.

"When I was an adult, I started to do those activities again, and I was like, wait a second. It took me a while to catch up because it had been decades of not dancing and not doing sports because of that belief. But then, I realized that when I actually get out of my own way, and I'm not thinking about how uncoordinated I am, I'm not bad, and I'm improving. I had to clear up that negative belief that was limiting and affecting me so profoundly for a lot of my life."

During a reading, a former teacher helped her see those painful past judgments in a new light.

"He said, 'You know, dance is an important part of who you are, so you need to dance regularly, even if it's just in your bedroom to your favorite song once a day or something.' And I told him about what happened with that teacher, and he said, 'It had nothing to do with you being uncoordinated. It was because you were so expressive that she couldn't control you, and so she couldn't have you in the class.' I remember dancing and being so full of joy at life and feeling so free in the movement. I was bursting with joy and that kind of joy is uncontrollable."

Through these experiences, Naomi learned the power of self-awareness and the importance of challenging limiting beliefs. Looking back at what happened, she understands the situation now, but she took those words as unconditional truth at the time.

"It just expanded from there, like, oh, those are athletic people, and I don't deserve to hang out with them, much less do athletic things with them. It kind of spiraled, but it's okay now that I brought consciousness and awareness to those wounds; I could heal those mental pictures of limitations that weren't even real in the first place."

Many of the ideas that hold us back become energy blocks. Naomi has special techniques to help people identify and overcome their unique blocks.

"I teach clients basic meditations to clean their energy and manage stress. We all know it's important to wash our hair and our bodies regularly, but what about cleaning our energy? You can imagine how much energetic grime one can accumulate if we never clean our energy. I like to work with people to help them identify the root of why they keep encountering certain patterns in their lives. Maybe they want to meet someone like their father but have a very selective-reality picture of who their father was. They imagine this idealized picture of who they thought he was rather than who he actually was. These subconscious blocks are the kinds of things I help my clients identify and dismantle during their private sessions."

Building trust and maintaining confidentiality in her client relationships is paramount to her. She prioritizes respect for her clients' privacy, establishing a supportive space to explore their concerns without fear of judgment or breach of trust. She adapts her approach to meeting her clients wherever they are on their journey. "When people come to me, it's a sacred relationship and an honor that I take very seriously."

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"The first session that I do with them is a bit more intellectual. If they've done a lot of energy and spiritual work, I might dive in on a different level, but it's more intellectual big picture and pointing out smaller areas of what's at the root of some of the situations they're trying to shift. So that may include talking about who they are as a soul and their gifts, teachings, challenges and lessons that they're working through in this lifetime."

The people she works with come from all backgrounds and levels. What they share is a genuine readiness and desire to cultivate forward momentum in their lives.

"Artists such as actors and musicians like to work through the energy that keeps them from creating their best work. Sometimes, businesspeople seek advice on who to hire, work with or partner with. Different doctors and scientists may desire to know the same thing, but not in terms of the soul or energy. I try to speak to each person or group in terms that they can understand. I also work with a lot of individuals, couples, families, and organizations on how to be their best selves and have harmonious relationships."

If we are intentional with where we place our energy, we can use it to grow ourselves spiritually. This deliberate focus is paramount for personal growth and fulfillment.

"We have so much light in us, and we all have shadow inside of us too," Naomi remarks, highlighting the duality of human nature. She continues, "I think that the more we feed our light or focus on that, use that strength in that part of ourselves, the better we can do in our own lives as well as just being a source of light on the planet."

She emphasizes the importance of gratitude and self-compassion in this journey, stating, "We can focus on appreciating and loving what we have and who we are. Like, okay, even if there's plenty of room to improve at sports, I get better at hitting the ball every time I swing a bat. How we frame our experiences greatly affects how we succeed and thrive."

We have a choice in how we handle our experiences. This agency empowers us to shape our lives according to our desires and aspirations.

"We can use it to make ourselves stronger or wiser, or we can use it to reinforce what we don't want. It's our free will and choice on how we use those experiences—to better ourselves or to believe we are simply victims with no power and no choice. Sustainable healing, to me, includes things we can do energetically, like energetic hygiene and cleaning our energies regularly through meditation, physical exercise, a healthy diet, etc. Just taking small, consistent steps along the way to improve our situation."

Integrating practices such as meditation, exercise, and nutrition into our daily lives can cultivate resilience and vitality, laying the foundation for sustainable well-being.



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“It’s important to remember it’s all a process, you know. Because even when we have these discoveries of root causes, it’s a gradual process to change the way we think about ourselves or change our habits as far as the way we talk about ourselves or even the kinds of people we hang out with. If we are around toxic people, they may slow our healing.”

One criticism she has of some people’s interpretation of the New Age movement is the focus on only the positive mindset without the follow-through of concrete actions we take. Each step we take, no matter how small, and each of our experiences, both positive and negative, brings us closer to growth, wholeness and fulfillment.

“It’s ultimately up to us to not only create a mindset that attracts what we want to create but to take concrete actions that consistently support building our ideal life. That includes being aware of the subconscious ways that we can sabotage ourselves. When we’re resistant to something, we’re magnetizing it. We have this saying in energy circles—what you resist persists. So, for example, if I say I don’t want a cheater, I’ll likely end up with a cheater because I’m resisting that energy. But if I say I want to meet someone honest, faithful and loyal, that’s a very different vibration of creation, isn’t it? Because then we’re setting the intention and opening to the energy.”

But how about when we do not have access to the spiritual care or guidance we seek? Meditation is one way we can all begin to ground ourselves, regardless of resources, she says.

“Don’t worry or get down on yourself if it’s hard initially because we spend our lives trying to push down all that pain. When you start meditating and connecting with your body, it initially may feel quite unpleasant because you are becoming more aware and in touch with all that suppressed pain. But when you meditate with neutrality and curiosity, it gets easier over time. When we are resistant to the sadness we may encounter in our bodies, it’s much harder to move out of the grief. So, you can thank the grief and say, ‘I learned from you, and I don’t need to hold you anymore.’ Then you can let it go. Once we let go of the grief, we have a lot more room for the joy and the love.”



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