

Lauren Spirituality

Our Galactic and
Spiritual Origins

Media Kit



About Lauren

Lauren spent sixteen years as an IT consultant and project manager before becoming a stay-at-home mother.

Her exploration of spirituality led to transformative otherworldly experiences that inspired her first book, *Our Galactic and Spiritual Origins*.

She is currently writing her second book and shares her thoughts on spirituality and ascension through her blog.

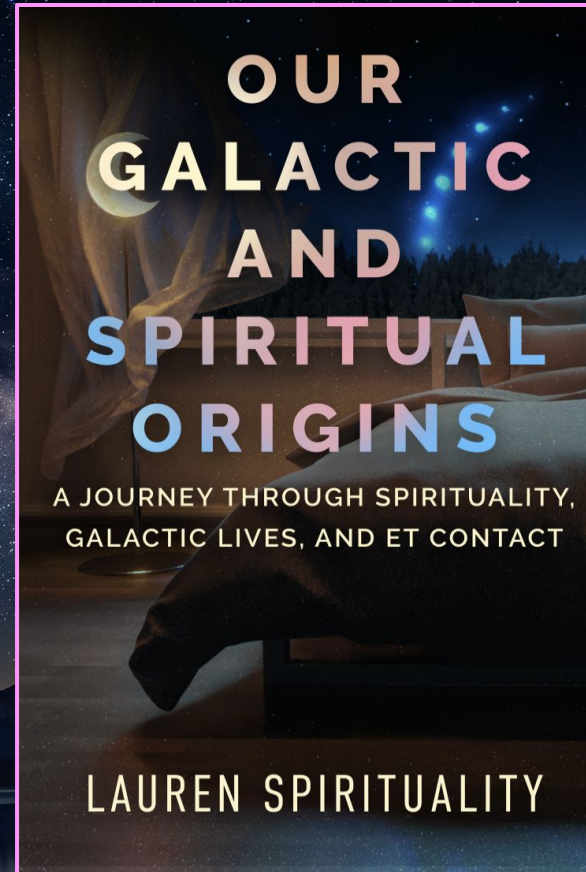
Lauren lives with her husband, three children, and their delightfully crazy dog. Learn more at LaurenSpirituality.com.



Lauren's Book

To be released Oct/Nov 2026

See next slide for book description



Book Description

Lauren was a former IT consultant and typical suburban mom when a middle-of-the-night encounter with an extraterrestrial changed everything. In *Our Galactic and Spiritual Origins*, Lauren recounts her encounters with the Ohorai and Pleiadian galactic races, along with the messages they communicated through a channeler.

Through years of meditation, spiritual exploration, and conversations with a renowned channeler, Lauren developed a deeper understanding of reincarnation and the soul's journey. This foundation helped her understand her extraordinary experiences and explore some of humanity's most compelling questions.

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Book Description

She also recounts revelations and details about her incarnations as galactic races across the universe, including Sirius Nommo, Andromedan Zenate, Orion Mintakans, and the Pleiadian D'Akoorhu, as well as new galactic races not yet known to humanity.

The galactic races that communicated with Lauren encouraged her to share her experiences because others will have similar encounters as humanity undergoes a profound shift in consciousness.

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Book Description

Inside this book, you'll explore:

- The Soul's Journey and Reincarnation
- Psychic Abilities, Including Mediumship and Channeling
- Starseeds and Galactic Past Lives
- Galactic Races and Civilizations
- Galactic DNA and Hybrids
- Spiritual Awakening and Purpose
- And so much more

Whether you're curious about extraterrestrial contact or seeking a deeper understanding of spirituality, *Our Galactic and Spiritual Origins* invites you to consider a broader perspective on who we are, where we come from, and where humanity may be headed.

Speaking Topics

1. Lauren's background
2. Research into spirituality
3. Exploration into evidential mediumship
4. Finding out she was a starseed
5. Galactic lives
6. ET contact experiences
7. Hybrids
8. Life during and after a spiritual awakening
9. Ascension and the New Earth



Sample Questions

1. What was life like for you before a spiritual awakening?
2. How did you get into spirituality?
3. What did you learn about starseeds and your galactic lives?
4. What happened during your ET contact experiences?
5. What did the ETs tell you?
6. You talk about the topic of hybrids in your book, could you share what you found?
7. What was life like during and after your spiritual awakening and ET contact?
8. What are your thoughts about ascension and the New Earth?

Approved Media Photos

All photos can be found and downloaded at the following link:

https://drive.google.com/drive/folders/18_i07cJktHqImIEAIEyX8wJERBfk_SuI



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