

Catherine Starr of Starr Visioning Recently Featured on Close Up Radio

TORONTO, ONTARIO, CANADA, February 17, 2025 /EINPresswire.com/ -- If you are experiencing overwhelming challenges that are just too heavy to bear or feeling stuck in a rut and longing for guidance to get you out of that proverbial rabbit hole you're in, then you're not alone. Inevitably, we all face adversities, and stresses at varying points in our lives. Although we may have loved ones we can lean on for support, sometimes what we really need is a non-judgmental space in which to openly share our story, step into our power, and rise about our circumstances. Fortunately, there are extremely gifted top professionals to help us navigate life's complexities and unlock our full potential so we can emerge stronger than ever before and create the life of our dreams.



Catherine Starr is a highly sought after Certified Hypnotherapist, DreamBuilder Coach, Life Mastery Consultant, and owner of Starr Visioning. Through her wealth of experience, spiritual insights, techniques, tools, and endearing wisdom, Catherine helps us foster more fulfilling lives that transform our struggles into personal growth, wellness, peace, and inner harmony.

Since her early childhood, Catherine has always had a nurturing and unwaveringly deeply divine soul. Raised Roman Catholic, she felt there was something more and sought to find deeper, spiritual fulfillment. She found this through a study of many religions, including Wicca and Paganism where she learned and experienced a deep connection with nature, the metaphysical, and a higher consciousness within herself. This led her towards greater transformation and deeper contentment than she never thought possible. As such, she found inner peace and purpose. She moved to practices like leading community rituals, guided meditation, working with

tarot, and mindfulness.

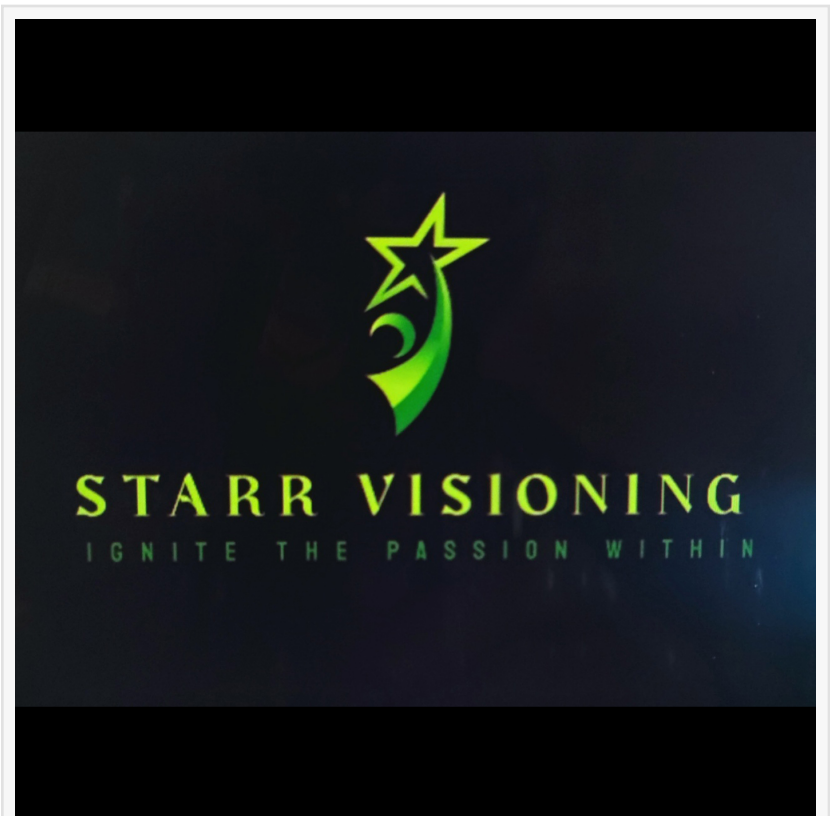
For over thirty-five years, Catherine devoted herself to studying and practicing many varied forms of Spiritual and Energetic work. Today, with a thriving hypnotherapy and coaching practice, she has made it her mission to help her clients reach their full potential and make positive changes in their lives. She takes great joy in watching her clients measurably improve their quality of life.

The modalities Catherine offers are the antidote to those individuals struggling in these particularly dark times to find a heightened sense of purpose.

Through her various healing modalities and multifaceted work, she focuses on bringing more consciousness and wellness into our lives that truly helps us get in touch with who we are at our deepest core. By working with Catherine, we can expect improved mental, emotional and physical well-being, that gently balances us mind, body, and spirit.

As a Life Coach, Catherine acts as our cheerleader and greatest supporter wholeheartedly creating an environment of warmth and compassion, while helping us make positive changes. Recognizing that her clients may be carrying heavy burdens she provides a safe space where they can lower their defences and be truly seen and heard.

Catherine recognizes that when we are feeling stuck in limiting beliefs, we need to make a conscious effort to change our lives for the better. The more we shift ourselves toward a positive mindset, the better we will overcome adversity.



Catherine's vision delves into deeper realms of consciousness. As your spiritual coach, she expertly guides us on a profound journey of spiritual growth, unearthing our core beliefs aligned with our values.

Through personalized sessions Catherine empowers us to identify and pursue our search for purpose and meaning. She wants us to live from a place of love and acceptance and through her coaching she is able to mentor and guide us spiritually and does so with positive and sustainable results.

The driving force behind the 1998 ritual-theatre play, Oracles from the Living Tarot, Catherine refuses to stop achieving. While she still produces as least one performance of this play a year, she is pleased to announce that she is channeling her insights and experiences into a book about her remarkable and pivotal life's journey, set to be published in 2025. The book, Oracles from the Living Tarot: Creating a Community Tarot Reading Through Ritual-Theatre describes not only her personal journey, but also the experiences of the many people who transformed themselves into Living Tarot Card and the effects the play has had on its audiences from around the world.

Catherine wants to help guide us to learn our soul's purpose and how best to contribute to the world at large and do so always with empathy and compassion for others.

Catherine says its not just always giving but being present in the world so we can share a positive energy. Catherine sees us all as perfectly imperfect and that's what makes us shine.

She describes very eloquently as the freedom and liberation of our spirit.

A world-wide traveler and cat lover, she also likes to give back to her community volunteering in various ways like working as a Global Trustee for the United Religions Initiative (URI) and making profound significant connections around the world.

Many of Catherine's clients have been with her for well over 35 years.

Catherine offers programs within her spiritual practice and is developing weekend workshops to bring small group of people together to discover deeper meaning within themselves.

She is hard at work on at least two productions for Oracles from the Living Tarot in Europe and Canada.

Currently, Catherine is accepting new clients for her hypnotherapy, coaching, and spiritual healing services. Those interested in transformative journeys of consciousness, healing, and discovering their inner light are encouraged to reach out.

Close Up Radio recently featured Catherine Starr in an interview with Jim Masters on Tuesday February 11th at 4pm EST and with Doug Llewelyn on Wednesday February 26th at 2pm EST.

[Listen to the Podcast](#)

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For more information or to schedule a consultation, visit <https://starrvisioning.com/>, <https://catstarrastraltraveller.com/>, <https://www.instagram.com/starrvisioning/>

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