Influential Women Features Donya Sperry: Transforming A Spiritual Calling Into A Mission Of Healing And Empowerment

HIDDEN VALLEY LAKE, CA, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- Northern California Spiritual Wellness Coach, Author, and Advocate Draws on Nearly Three Decades of Experience to Help Individuals Reconnect With Self-Love, Resilience, and Their Inner Purpose



Hidden Valley Lake, California – Donya Sperry has dedicated her life to helping individuals navigate adversity, rediscover their sense of self, and pursue meaningful personal transformation. A spiritual wellness coach and Shau-woman specializing in dark energy home and people clearing, Donya has built her work around compassion, empathy, spirituality, and a deeply held belief that every challenge has a divine solution.

Based in Northern California, Donya spent 20 years working independently as a life coach, and manager at a healing retreat center serving people recovering from addiction and medication dependence. Her career has evolved through decades of personal growth, specialized training, spiritual development, and an intuitive gift for helping others feel seen, supported, and empowered.

Today, Donya combines spiritual wellness guidance, dark energy home and individual clearing, and energy-based healing practices to support people as they work through difficult experiences and seek healthier, more fulfilling lives.

For Donya, however, this work is more than a profession. She views it as a spiritual calling that began early in her life.

Even as a child and young adult, Donya noticed that people naturally gravitated toward her when they needed help. Children, in particular, were drawn to her storytelling. She would create stories spontaneously, captivated by the way children listened with their innocent faces completely engaged in every word.

“It seemed to be a natural gift that I had,” reflects the philosophy that has continued to shape Donya’s journey.

Her belief in that calling became even stronger as she moved through profound, and life threatening adversity. Having experienced severe childhood abuse and an extremely abusive marriage, Donya came to understand self-love not simply as a positive concept, but as an essential part of survival and healing.

Her experiences taught her that true self-love means recognizing that it is not acceptable to remain in a life defined by severe pain and suffering. Through listening to her inner voice and what she describes as spiritual guidance, she began taking small steps toward freedom and transformation.

Donya’s philosophy is rooted in the conviction that there is always a divine solution to every challenge. She believes the key is learning to listen to our “true north inner compass” and trusting the process, even when the next step is difficult to see, or may feel frightning.to make.

That philosophy has become central to the way she supports others.

Throughout her career, Donya has transformed lessons from her own life into practical and spiritual tools for individuals seeking healing. Her work includes private spiritual wellness guidance, dark energy home purging, and teaching people approaches for clearing themselves from what they perceive as unwanted entities or dark energy.

Her approach is ultimately centered on helping wounded individuals reconnect with themselves and discover what makes them authentically happy.

A Journey From Adversity to Empowerment
Donya’s personal story is also reflected in her writing. Under the pen name Aubrianna Rose, she is a published author of a memoir trilogy consisting of Free Me from My Cage, Learning to Fly, and Flying in Love.

The trilogy chronicles her personal journey through adversity while exploring themes of healing, self-worth, empowerment, and personal liberation. Through storytelling, Donya seeks to demonstrate that even people who feel trapped, disconnected, or overwhelmed can begin moving toward a different future.

Her commitment to storytelling extends to children as well. She has authored several children’s

books intended to inspire young readers around diversity, environmental stewardship, and self-belief.

Children remain particularly important to Donya's larger vision. Her love of storytelling, which emerged naturally during childhood, has evolved into a desire to inspire younger generations and contribute to healthier families and a better future.

Believing in the Divine Solution

One of the most meaningful pieces of advice Donya has carried throughout her life is the belief that there is always a divine solution to every challenge and that, in time, things can work out for the highest good.

That message became especially significant during some of the most difficult periods of her life.

Donya describes having been profoundly affected by childhood abuse and by a patriarchal religious environment that, in her experience, failed to respect the feminine and contributed to keeping her in an extremely abusive marriage. She recalls becoming shut down and feeling as though she were unplugged and suffocating inside a dark cold cage.

Eventually, she began trusting what she describes as a divine hand of assistance. Rather than expecting herself to solve everything at once, she learned to take one small step at a time.

That gradual process ultimately helped her remove herself from circumstances that had once seemed impossible to escape.

Today, Donya encourages others to recognize that profound transformation does not necessarily happen through one dramatic moment. Sometimes, it begins with a single step, a single realization, or the decision to listen to one's inner voice.

Supporting the Next Generation

Donya's advice to young women and men entering the spiritual wellness field is closely connected to her own philosophy: when individuals are aligned with God or Spirit, they can pursue what they set their minds to with greater clarity and purpose.

She emphasizes that people can become deeply shut down as a result of addiction, depression, repressed emotions, abusive relationships, unresolved trauma, and other painful experiences. During these periods, people may feel isolated, frozen in fear, and disconnected from who they truly are.

Yet Donya believes that shutdown does not have to be permanent.

She encourages people to understand that they can overcome deeply wounded periods and eventually rediscover themselves, their authentic happiness, and their capacity for growth.

This message is particularly important to her work with families and younger generations. Through her children's books, storytelling, and spiritual wellness work, she hopes to inspire people to believe in themselves while creating a healthier future for both individuals and the world around them.

Expanding Her Reach
As Donya looks toward the future, one of her greatest opportunities is expanding awareness of her work.

She recognizes that having a website alone is not enough to reach the people who could benefit from her message. Increasing visibility, generating traffic, and communicating her philosophy to broader audiences are important priorities as she continues building her platform.

To connect with younger generations, Donya has embraced social media platforms including YouTube, TikTok, and Facebook.

Her goal is not simply to grow an audience for its own sake. More importantly, she wants to feel that she is making a greater contribution to what she describes as mankind's evolution.

That desire reflects the larger purpose behind her career: service.

Donya believes her opportunity to be featured through Influential Women represents another step toward reaching the people she is meant to serve. True to the philosophy that has guided her for decades, she views the opportunity as potentially another divine solution.

Compassion, Authenticity, and Self-Love at the Core
At the heart of Donya's work are compassion and empathy. Her intuitive connection with God and the angels informs her spiritual perspective, while authenticity and transparency shape the way she interacts with others.

She is particularly passionate about helping people learn to pour into themselves in a non-ego-driven way through genuine self-love.

For Donya, helping someone who has been wounded rediscover what makes them authentically happy is a blessing.

Maintaining the capacity to support others also requires her to care for herself. Donya considers time outdoors an important way of reconnecting with her inner child and calming her nervous system. Gardening, working with organic soil, singing, laughter, dance, and artwork all play meaningful roles in her personal life.

She also emphasizes healthy eating and taking intentional breaks throughout the day, even if

that means only three or four minutes of mindful breathing.

For Donya, restoration is essential because she believes she must restore herself in order to pour into others.

As she continues her work as a spiritual wellness coach, author, storyteller, and advocate for personal growth, Donya remains committed to a simple but powerful mission: helping people move from pain toward healing, from disconnection toward self-love, and from feeling trapped toward discovering the freedom to become who they were meant to be.

Learn More about Donya L. Sperry:

Through her Influential Women profile, https://influentialwomen.com/connect/donya-sperry or through her websites, https://donyasperry.com/ & https://aubriannarose.com/books

Influential Women

Influential Women provides a platform where women from all backgrounds can connect, share their perspectives, and create content that empowers themselves and others. Through storytelling, thought leadership, and creative expression, Influential Women amplifies voices that inspire change.

Editorial Team
Influential Women
email us here

This press release can be viewed online at: https://www.einpresswire.com/article/942721980

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.