



Welcome to *my* portfolio

C A S A N D R A   D E   J U A N

@blessing\_indigo

# *Contents*

03 About Me

04 Education &  
Expertise

05 My Services

06 Statistics

07 Collaborations

08 My Book

09 Why Blessing Indigo?

10 Services for Companies

11 Contact

# About *me*



Since childhood, I have lived surrounded by unexplained phenomena flowing through my maternal lineage. I have experienced premonitions that have sometimes confronted me with deep pain, and in each of them I have felt the guidance of something greater, from a plane that transcends the visible.

Over time, I understood that my purpose is to support those who seek healing, self-understanding, and to move through their own grief processes. Guided by this mission, I trained with exceptional teachers and became a holistic therapist and expert in esoteric wisdom.

Blessing Indigo is the reflection of my journey: a school and community where healing and personal development come together. Here, every being has the opportunity to be reborn, discover their best version, and connect with their soul mission, creating a fuller, more conscious, and aligned life.

guidance  
*balance*  
transformation



# Education & expertise

Throughout my professional and spiritual journey, I have trained with renowned experts and prestigious institutions to deepen my knowledge of being, healing, and extrasensory perception.

I began with a Master's Degree in Extrasensory Perception at the University Foundation of Health Sciences of the University of Bogotá, and expanded my understanding with *Introduction to Mediumship* by Mikel Lizaralde (Penguin Random House).

Later, I specialized in the Development and Advancement of Mediumship, as well as Spiritual Healing, under the guidance of Dr. Marlyn Rossner.

To support transformation processes in an integral way, I completed training in Therapeutic Support and Intervention in Grief Processes at the Catholic University of San Antonio (Murcia), and Past Life Therapy with Dr. Cabouli.

My holistic approach was consolidated with a Master's Degree in Holistic Psychology and Mindfulness at International Holistic University in Miami, complemented by my Reiki Master certification (Federation No. 8989).

Each of these learnings has nurtured my mission: to guide people in their healing, personal development, and spiritual rebirth, blending esoteric wisdom with modern therapeutic tools.

# My services

- ✔ TAUTOR & HOLISTIC THERAPIST
- ✔ FACILITATOR OF HEALING & CONSCIOUSNESS PROCESSES
- ✔ HOLISTIC THERAPIST & MINDFULNESS FACILITATOR
- ✔ EDUCATOR & COMMUNICATOR IN PERSONAL & SPIRITUAL DEVELOPMENT
- ✔ WRITER & CREATOR OF SPIRITUAL CONTENT
- ✔ FOUNDER OF THE BLESSING INDIGO SCHOOL





# Social Media statistics



**38.000**  
followers



**interactions**  
per day



**400**  
per post



**70**  
per post



**200**  
per post



# Colaboraciones

Expert contributor for Mía Magazine, providing specialized content on personal development, healing, and conscious spirituality.

Expert contributor and speaker on Mindalia Television, sharing content on healing, consciousness, spirituality, and personal growth.

Expert contributor for the YES supplement of La Voz de Galicia, writing about personal development, well-being, and conscious spirituality.



# My Book: *Mediumnidad para Beginners*

04

Mediumship for Beginners is an introductory and accessible guide that accompanies the reader in discovering mediumship from a conscious, respectful, and practical perspective.

Through clear explanations and simple exercises, the book helps readers understand extrasensory perception, develop intuition, and safely connect with spiritual sensitivity in a balanced way.

Designed for those beginning their spiritual awakening, it offers tools to trust one's own perception, integrate mediumship into everyday life, and start a path of self-knowledge and inner healing.

Currently in its second edition.



**MEDIUMNIDAD  
PARA BEGINNERS**

**21,00 €**

**Amazon.es**



# Why *Blessing Indigo?*



Because I accompany every process from experience, training, and a deep vocation of service. My personal and professional journey has allowed me to integrate holistic healing, mindfulness, conscious mediumship, and grief support from an ethical, close, and respectful approach.

I work through listening, intuition, and knowledge, creating safe spaces where each person can heal, understand their process, and reconnect with their essence. My experience as a therapist, educator, writer, and media contributor allows me to offer a broad, clear, and accessible vision, adapted to the real needs of those seeking growth, balance, and spiritual transformation.



# Services for companies

12

I support companies and teams in well-being, emotional management, and personal development processes, integrating mindfulness, emotional awareness, and holistic healing tools adapted to the corporate environment.

I design and deliver sessions, training programs, and experiences aimed at reducing stress, improving emotional balance, enhancing overall well-being, and fostering more conscious, human, and productive work environments.

Each proposal is tailored to the organization's needs, with a professional, ethical, and respectful approach aligned with the company's values and objectives.

Casandra de Juan



*Get in touch!*

If this message resonates with you, it is no coincidence. Contact me and allow me to accompany you on your path of healing, awareness, and inner transformation.

Casandra@blessing-indigo.es

+34 661.186.977