

Secrets of your Majestic Heart

YOUR SACRED JOURNEY TO HEALING



CATIA CARRIER

secretsofyourmajesticheart.com

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FOR

SECRETS OF YOUR MAJESTIC HEART

Your Sacred Journey to Healing

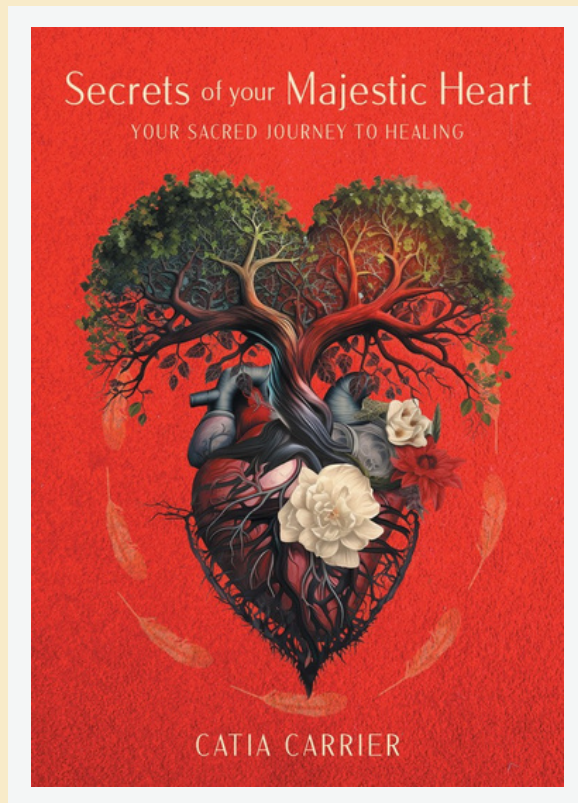
by

CATIA CARRIER

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SECRETS OF YOUR MAJESTIC HEART
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ABOUT THE BOOK



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SECRETS OF YOUR MAJESTIC HEART Your Sacred Journey to Healing

Your Majestic Heart holds your pain, your coding, and your human reactions, but above all, it holds the key to your healing. To those suffering from collective ancestral trauma or individually from trauma, unlocking the hidden truths of your Majestic Heart will guide you towards healing and inner peace.

In *Secrets of your Majestic Heart: Your Sacred Journey to Healing*, Psychotherapist Trauma Specialist Catia Carrier acknowledges the mental, physical, and spiritual effects of trauma and brings forth holistic, spiritual, metaphysical, and Indigenous strategies—those that go beyond physical measures and pharmacology treatments—that the reader can implement on their sacred journey of self-discovery and healing. Carrier helps readers navigate through the labyrinth of their emotions and experiences of trauma to the depths of their Majestic Heart, where healing from the cellular level of trauma begins.

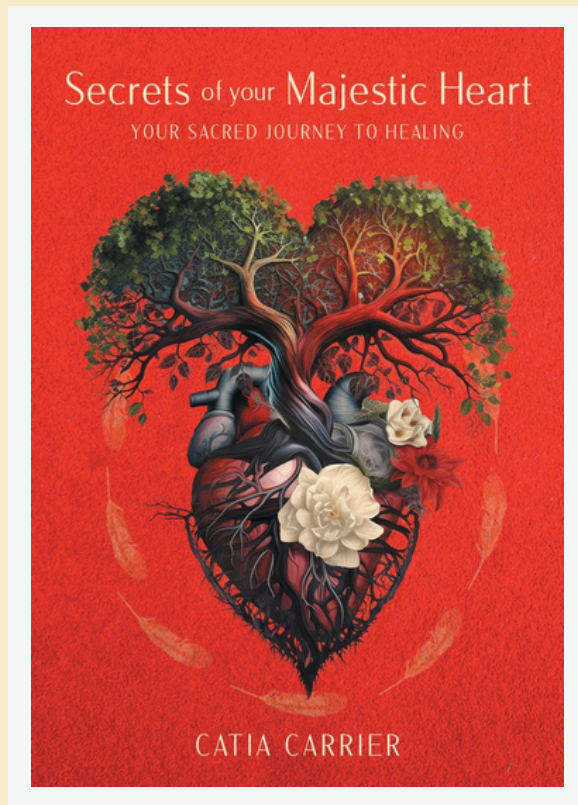
Each step the reader takes towards unlocking their Majestic Heart will bring them down the path of self-love, acceptance, and profound healing—a place of wholeness and harmony where their true essence shines brightly.

May this sacred journey be a beacon of light in your life, illuminating the profound beauty of your soul!

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SPECIFICATIONS



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- Distributed by Ingram
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- eBook: 978-1-03-831918-0 (Kindle, Apple Books, Google Play, Nook, Kobo)

Categories

- PSY075000: PSYCHOLOGY / Trauma Psychology
- SEL043000: SELF-HELP / Post-Traumatic Stress Disorder (PTSD)
- PHI015000: PHILOSOPHY / Mind & Body

Search Keywords

- Majestic healing, Indigenous culture, holistic health, healing from trauma, mental health, support, Post-traumatic stress disorder, First Nations wisdom

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ABOUT THE AUTHOR



Catia Carrier

President of Majestic Professional Consulting, Inc.

Catia Carrier is not only an author but a survivor, educator, researcher, healer, registered psychotherapist, and spiritual practitioner. She has a master's degree in clinical counselling psychology from Yorkville University, New Brunswick, and owns a successful psychotherapy incorporated private practice in Northern Ontario. Specializing in trauma recovery and crisis intervention, Catia has twenty-four years' experience in psychotherapy, mental health, emotional well-being, crisis intervention, trauma response, First Nations health, and human rights. She currently lives in Northern Ontario, amongst the wildlife and in nature, and has one adult son.

Majestic Professional Consulting

Majestic Professional Consulting is a multidisciplinary, holistic private practice specializing in psychotherapy, mental health, emotional well-being, crisis intervention, trauma response, and First Nations health.

High-performance registered psychotherapist and graduate from Yorkville University with a master's degree in counselling psychology, the President of Majestic Professional Consulting brings unparalleled expertise to the practice. With a deep commitment to fostering mental health and emotional well-being, with in-depth research and education on post-traumatic stress and recovery.

Career Highlights

- Masters Degree in Counselling Psychology from Yorkville University.
- Bachelor's Psychology from Laurentian University and Social Work Diploma from Northern College of Applied Arts.
- Expertise in Indigenous mental health and historical collective trauma.
- Nominee of Premier Recognition Awards in 2019 for Outstanding Ontario College Graduate.
- Professor of Native Studies and Cross-Cultural Teachings.
- Recipient of National Role Model Campaign by NACCA 2021
- 2025 International Impact Book Award Recipient for the category Self-Help and Healing.

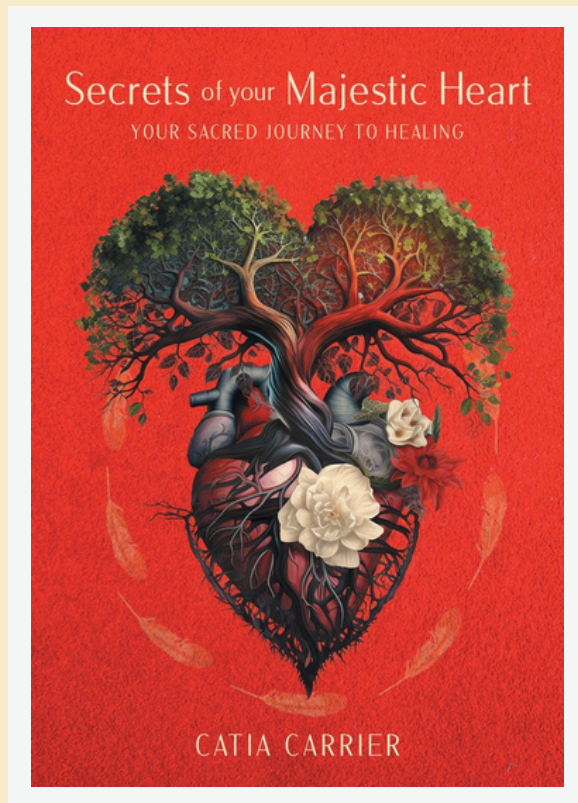
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REVIEWS



AVAILABLE NOW

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Secrets of Your Majestic Heart Your Sacred Journey to Healing

"We are all vulnerable to various forms of trauma, which can significantly impair our life experiences.

Trauma must not define our state of being. The author has made it her life's work to acquire the fundamental insights and techniques that engage the heart's natural healing capacity. For this we are most grateful.

Based on current trauma theories and approaches, this textbook provides clarity and guidance for educators, students, professionals, and anyone interested in its broader application to the human experience. The fundamental insight is really about trusting the heart as our experiential center for intuition and healing. When we see from the heart instead of the eyes, our whole perspective changes!."

—Bruce Parcey, HBSW, SSW, has been a professor at Northern College for 28 years.



Testimonial for Catia Carrier

"Ms. Catia Carrier is an impeccable, caring, powerful woman and therapist for her own business, Majestic Professional Consulting, which she opened many years ago, on her own. This woman has had decades of success as a Psychotherapist, Leader, Educator, and Advocate. Catia is also an accomplished, compassionate psychotherapist who works with rural and remote Aboriginal people who are impacted by multigenerational traumas.

Catia is always open to information and experiences to stay current with the times. She engages fully in all she does and makes a huge difference in her clients' lives through Majestic Professional Consulting.

She has been a best friend to me for over 30 years, and I can only say that she is a go-getter who won't give up in fighting this mental health crisis in our Country."

—Nicole McMahon, Retired Social Service Worker, Native Studies, and worked in Addictions and Mental Health for over 25 years

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MEDIA



Media Features for Catia Carrier and the book

"Secrets of Your Majestic Heart: Your Sacred Journey to Healing" by Catia Carrier has received a commendable 4 out of 5 stars from Clarion Review. This insightful book takes readers on a transformative journey toward healing and self-discovery. Carrier delves into the profound connection between the heart and the self, offering practical guidance and spiritual wisdom. Her approach is both compassionate and empowering, making complex concepts accessible to a broad audience. The book's blend of personal anecdotes, reflective exercises, and holistic insights encourages readers to explore their inner world and embrace the healing potential within. Whether you're seeking personal growth or a deeper understanding of your spiritual path, this book provides a valuable roadmap for navigating the sacred journey of the heart.

<https://www.forewordreviews.com/reviews/secrets-of-your-majestic-heart/>

Featured in *SAY Magazine*, "Women Entrepreneurs: "Restore the Mind and Soul with Catia Carrier" (<https://saymag.com/women-entrepreneurs-catia-carrier-and-britt-nygaard/>), Dec 17, 2022.

Featured in NACCA Role Model Campaign 2020, Catia Carrier, Majestic Professional Consulting.
<https://nacca.ca/wp-content/uploads/2021/06/Catia-Carrier-Bio.pdf>

Expert Forward Clarion Reviews awarded a commendable four out of five stars to *Secrets of Your Majestic Heart: Your Sacred Journey to Healing* by author Catia Carrier.

<https://www.forewordreviews.com/reviews/secrets-of-your-majestic-heart/>

2025 International Impact Book Awards Winner for Secrets of Your Majestic Heart, Your Sacred Journey to Healing. Category of Self-Help- Emotional Resilience and Healing. November 2025

<https://internationalimpactbookawards.com/november-2025/>

2026 Spotlight ~ Kirkus Review~ "An articulate, compassionate, wide-ranging survey of nontraditional healing methods." The Verdict-"GET IT"

<https://www.kirkusreviews.com/book-reviews/catia-carrier/secrets-of-your-majestic-heart/>

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THE JOURNEY



The Inspiring Journey of Catia Carrier

A Story of Resilience, Healing, and Empowerment

Q: How did your youth bring you to your healing and intuitive gifts?

Catia Carrier (CC): I was born in Chatham, New Brunswick, on the Canadian Forces base where my father was stationed in the Royal Canadian Air Force. My early years were marked by the nomadic lifestyle characteristic of military families, and I grew up in various provinces across Canada. However, my heart found its sanctuary in Northern Ontario, where I now resides in a forest, her oasis, amidst the wildlife I cherish.

Raised in the rich tapestry of Indigenous culture, I was deeply connected to traditional healing practices and inspired by the natural world around me. Despite this supportive cultural backdrop, I faced numerous adversities. Severe childhood trauma, racism, discrimination, traumatic grief and loss, and intergenerational trauma were formidable obstacles in my path. Yet, these adversities did not deter me. Instead, they forged my resilience and shaped my profound connection to a higher spiritual power guided by instinct and clairvoyant intelligence. Through these challenges, I discovered the power within my heart, emerging as an empath with an unyielding spirit.

Q: How did your life culminate into the professional healing business you're in now?

CC: My journey was one of continuous healing and searching for meaning and purpose. I confronted my trauma with the unwavering strength of a warrior and transformed my pain into a source of inspiration and guidance for others. As a single mother, I raised my now adult son while completing a master's Degree in Psychology. My academic and personal experiences paved the way for my career in psychology, mental health, and trauma healing.

Today, I am a successful business owner of Majestic Professional Consulting, specializing in trauma recovery. My practice is not just a profession but a calling, where I bring forth my wisdom, honed through 24 years of research and practice. My sacred methods and signature framework, known as the Secrets of the Majestic Heart and Trauma Recovery, are designed to heal trauma from the heart, promoting deep and transformative healing.

My work is distinguished by my unique approach and intuitive healing abilities. I'm known as an animal whisperer, nature lover, and intuitive healer, and my gifts have inspired and empowered individuals in the mental health and trauma field, guiding countless souls towards life-changing growth, emotional intelligence, and spiritual freedom. My healing journey, inspired by the heart's messages, has been one of profound resilience and remains dedicated to assisting others in navigating trauma, just as I did from a young age.

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AUTHOR Q&A



The Inspiring Journey of Catia Carrier, cont'd.

A Story of Resilience, Healing, and Empowerment

Q: Who is your book for?

CC: *Secrets of Your Majestic Heart: Your Sacred Journey to Healing* serves as a guide for educators in colleges and universities across the fields of social work, psychology, trauma, Indigenous studies, and social sciences. I also wrote it with the hopes that it will contribute to collective healing in society and as a master guide in mental health and addiction treatment centers, educational agencies, and healing organizations. The in-depth knowledge is shared with the goal of empowering those who have suffered from trauma-related experiences and teach them to master their own healing.

I feel that my work serves as a beacon for those seeking solace and strength in their healing journey, providing tools and insights that are both practical and profoundly transformative.

**Q: Can you share more on the power of the heart for healing as you share in the book?
How will this help people?**

CC: The knowledge and wisdom imparted in the book promote peace, harmony, self-empowerment, and self-determination for trauma survivors. Throughout the text, there is a recurring emphasis on the heart's inner doctoring abilities, allowing readers to tap into their superpowers of self-discovery and healing. This holistic approach fosters the creation of a future where youth are empowered for self-directed healing, inspiring a generation to find strength and resilience within themselves.

Q: Can you share about the content in the book specifically written for Indigenous peoples?

CC: The Indigenous chapters in my book were written with the empathetic touch of someone who has intimately known the depths of intergenerational trauma and the profound efficacy of traditional healing practices. My intention was to empower individuals who suffer from post-traumatic stress by drawing from my own experiences and the collective wisdom of my ancestors.