

The 100

Most Spiritually influential living people in 2026

This list is meant to serve as a positive guide to some of the leading modern teachers that are alive today.

There are several factors that were taken into account when compiling the list. The main three criteria are:

- 1 The person has to be alive as of December, 2025.
- 2 The person has to have made a unique and spiritual contribution on a global scale.

3 The person is frequently googled, appears in Nielsen Data, has a Wikipedia page, and is actively talked about throughout the Internet.

By taking into account the amount of times that a person is googled or how often their Wikipedia profile is viewed, the list gains a highly democratic and

transparent parameter. Ultimately, the list celebrates the positive influence of today's spiritual teachers.

Watkins' *Mind Body Spirit* magazine publishes the 100 Most Spiritually Influential Living People list on an annual basis and we welcome your feedback at: editor.watkins@gmail.com

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1 DALAI LAMA

Tenzin Gyatso is the 14th Dalai Lama and the spiritual leader of the Tibetan people. Tibetan Buddhists believe him to be a reincarnation of his predecessors and the Buddha of compassion. Awarded the Nobel Peace Prize in 1989, he has made an incredible contribution to global spirituality. In *Voices for the Voiceless* (March 2025), His Holiness said Tibetans worldwide

want the institution of the Dalai Lama to continue after his death and specified that his successor would be born in the 'free world'. In the book, he tells the full story of his 75-year struggle with China to save Tibet and its people. In July 2025, His Holiness celebrated his 90th birthday. Addressing growing discussions about his succession, he reaffirmed that he will be reincarnated and suggested that the process of identifying his successor should follow traditional Tibetan Buddhist practices. His Holiness



also emphasized that the identification of the 15th Dalai Lama should follow established historical customs and that senior leaders of Tibetan Buddhist schools should be consulted, along with oath-bound Dharma Protectors, supernatural beings who have pledged to defend the teachings and practitioners of Buddhism. 2025 also saw the publication of *The Path of the Dalai Lama: The Authorized Graphic Novel of the Dalai Lama's Life Story* by Tom Taylor and Matyáš Namai and *One Breath at a Time: 108 Timeless Teachings of Wisdom* by His Holiness with reflections and meditations by Rajiv Mehrotra. March 2026 will see

a new hardback edition of the Dalai Lama's classic essay *A Human Approach to World Peace*. Updated and expanded for today's world, this edition features a new foreword from Richard Gere and intimate photographs of His Holiness. (www.dalailama.com)

Born in Taktser, Tibet
6 July 1935 (Cancer/Pig)
Spiritual Leader

2 SADHGURU

(Jaggi Vasudev) is a yogi, author, and internationally renowned speaker. In 1992, he established the Isha Foundation, a non-profit organisation offering transformational yoga programmes for inner wellbeing and inspiring social outreach initiatives. In 2017, Sadhguru received the Padma Vibhushan, India's second-highest civilian award, for his contributions to spirituality and humanitarian services. He is the author of the *New York Times* bestsellers *Inner Engineering: A Yogi's Guide to Joy* (2016) and *Karma: A Yogi's Guide to Crafting Your Destiny* (2021). His new book, *Death: Only for Those Who Shall Die - a Yogi's Guide to Living, Dying, and Beyond*, published in June 2025. In this unique exploration of death, Sadhguru expounds on the more profound aspects of death that are rarely spoken about. (isha.sadhguru.org)

Born in Mysore, Karnataka, India
3 September 1957 (Virgo/Rooster)
Yogi, Author & Speaker

**3 POPE LEO XIV**

Born Robert Francis Prevost, he is the first pope to have been born in the US, the first from North America, and the first born after World War II. In 1977, he became a friar in the Order of Saint Augustine and in 1982 was ordained as a priest. He is known for his emphasis on synodality and social justice issues. Throughout the 1980s and 90s, he carried out extensive missionary work in Peru. From 2001 to 2013, he was based in Rome, having been elected prior general of the Order of Saint Augustine. From 2015 to 2023, he returned to Peru as Bishop of Chiclayo. In 2023, he was made a cardinal by Pope Francis. May 2026 will see *Pope Leo XIV: The Definitive Biography* by Elise Ann Allen, featuring an exclusive first interview with the new Pope. (www.vaticannews.va/en)

Born in Chicago, Illinois, USA
14 September 1955 (Virgo/Goat)
Current Pope

**4 ECKHART TOLLE**

is recognized as one of the most inspiring and visionary spiritual teachers in the world today. At the age of 29, a profound inner transformation radically changed the course of his life. His teachings focus on the significance and power of Presence, the awakened state of consciousness, which transcends ego and discursive thinking. Eckhart sees this awakening as the essential next step in human evolution. His books *The Power of Now* and *A New Earth* are two of the bestselling MBS books in the world. September 2025 saw the publication of Eckhart Tolle's *Present Moment Reminder Deck: 52 Inspirations to Quiet the Mind and Live in the Now*. Join Eckhart on his website for a free brand new miniseries in which he explains how we fulfil one of the primary purposes of our lives: To Become a Teacher of Presence. (eckharttolle.com)

Born in Lünen, Germany
16 February 1948 (Aquarius/Rat)
Modern Teacher & Writer

**5 DAVID ATTENBOROUGH**

Sir David's career as a naturalist and broadcaster has spanned nearly seven decades. While working on the Zoo Quest series (1954-64) he had his first opportunity to undertake expeditions to remote parts of the globe to capture intimate footage of rare wildlife in its natural habitat. He has since established himself as the world's leading Natural History programme maker with several landmark series, including *Life on Earth* (1979), *The Living Planet* (1984), *The Trials of Life* (1990), *The Blue Planet* (2001), and *Blue Planet II* (2017). Knighted in 1985, Sir David stands at the forefront of issues concerning the planet's declining species and conservation. His latest book, *Ocean: Earth's Last Wilderness*, co-written with his long-term collaborator Colin Butfield, is out in paperback in April 2026.

Born in Isleworth, Middlesex, England
8 May 1926 (Taurus/Tiger)
Broadcaster, Naturalist, & Presenter

**7 GWYNETH PALTROW**

An award-winning actress through films such as *Emma*, *Sliding Doors*, *Shakespeare in Love*, *The Talented Mr. Ripley*, and *Proof*, Paltrow launched a weekly wellness and lifestyle newsletter called goop in 2008, encouraging readers to "Nourish the Inner Aspect". Goop has grown into a web-based company, goop.com, collaborating with fashion brands, launching pop-up shops, a wellness summit, a print magazine, and a podcast. In January 2020, Netflix launched the documentary series *The Goop Lab*, in which Gwyneth and her goop team look at psychedelics, energy work and other challenging wellness topics. Paltrow has also authored several cookbooks and from 2008 to 2019, portrayed Pepper Potts in the Marvel Cinematic Universe. July 2025 saw the publication of *Gwyneth: The Biography* by Amy Odell. (gwynethpaltrow.com & goop.com)

Born in Los Angeles, California, USA
27 September 1972 (Libra/Rat)
Actress, Wellness & Lifestyle Promoter

**6 JOE ROGAN**

A standup comedian for over 30 years, Rogan is host of *The Joe Rogan Experience*, consistently ranked one of the most popular podcasts. Launched in 2009, it helped to create the space of long form conversation video podcasting. By 2015, it was one of the most popular podcasts in the world, regularly receiving millions of plays per episode. With over 2000 episodes, an average of 2-3 hours in length each, the show has become a destination for open dialogue with a wide range of guests and perspectives including stand-up comedians, athletes, authors, artists, prolific thinkers, and scientists. Rogan has voiced support for same-sex marriage, recreational drug legalization, universal health care, universal basic income, and free speech, while opposing cancel culture and military adventurism. (www.joerogan.com)

Born in Newark, New Jersey, USA
11 August 1967 (Leo/Goat)
Podcaster & Comedian

**8 YUVAL NOAH HARARI**

is a historian, philosopher, and bestselling author. His books have sold 50 Million copies in 65 languages, and include *Sapiens: A Brief History of Humankind*, *Homo Deus: A Brief History of Tomorrow*, *21 Lessons for the 21st Century*, and *Nexus: A Brief History of Information Networks from the Stone Age to AI*. Considered one of the world's most influential public intellectuals, Harari regularly discusses global issues with the world's most influential leaders. In 2019, following the international success of his books, he co-founded Sapienship with his husband, Itzik Yahav. Sapienship is a social impact company with projects in the fields of education and storytelling, whose main goal is to tell and retell our shared human story. September 2025 saw the paperback of *Nexus* with new material by Harari. (www.ynharari.com)

Born in Kiryat Ata, Israel
24 February 1976 (Pisces/Dragon)
Historian, Philosopher, & Author



"People are usually afraid of change because they fear the unknown. But the single greatest constant in history is that everything changes."

YUVAL NOAH HARARI

“Greatness is hearing your truth and speaking it, no matter how your voice shakes.”

MEL ROBBINS

9 MEL ROBBINS is a motivational speaker, a #1 *New York Times* bestselling author, and host of *The Mel Robbins Podcast*, one of the most successful podcasts in the world. A former lawyer, she is known for her TEDx talk, “How to Stop Screwing Yourself Over” and her bestselling books, which have been translated into 63 languages and include *The 5 Second Rule* and *The High 5 Habit*. She has amassed 40 million followers online and is one of the most respected experts in mindset, life improvement, and behaviour change. TIME magazine says she gives millions of listeners around the globe “a reason to believe in themselves.” Her latest book, *The Let Them Theory* (December 2024), is the top selling book of 2025 according to *Publisher's Weekly*, with 7 million copies sold within nine months of its release date. It is on pace to have the best non-fiction book launch of all time. (www.melrobbins.com)

Born in Kansas City, Missouri, USA

6 October 1968 (Libra/Monkey)

Author, Podcast Host & Motivational Speaker



11 RAINN WILSON is a comedic actor, producer, and writer. He is also the cofounder of the media company SoulPancake. Wilson co-wrote the *New York Times* bestseller *SoulPancake: Chew on Life's Big Questions* and a humorous memoir about his personal life, career and faith titled *The Bassoon King*. Wilson and his family are members of the Bahá'í Faith and he hosts the *Bahá'í Blogcast* on which he interviews notable people about the intersection of their faith and their work. In 2024, he launched a long-form interview podcast on YouTube, *Soul Boom w/ Rainn Wilson* that explores the potential for a spiritual revolution. November 2025 saw *Soul Boom Workbook: Spiritual Tools for Modern Living*, an interactive journal-style workbook inspired by and based on his bestseller, *Soul Boom: Why We Need a Spiritual Revolution*. (www.soulboom.com)

Born in Seattle, Washington, USA

20 January 1966 (Capricorn/Snake)

Actor, Producer, & Writer



13 OPRAH WINFREY Named the “Queen of All Media”, Oprah has often been ranked the most influential woman in the world. She has discovered and advocated many spiritually influential thinkers - from Eckhart Tolle to Michael Singer - and her multi-award-winning talk show became the highest-rated program of its kind in history. In 2008, she formed her own network, Oprah Winfrey Network (OWN), and is the greatest Black philanthropist in U.S. history. 2024 saw *AI and the Future of Us: An Oprah Winfrey Special*, a television show featuring interviews with prominent figures from the tech industry, including OpenAI CEO Sam Altman and Bill Gates. The show explored the impact of artificial intelligence on people's daily lives, demystifying the technology and empowering viewers to understand and navigate the rapidly evolving AI future. (www.oprah.com)

Born in Kosciusko, Mississippi, USA

29 January 1954 (Aquarius/Snake)

Talk Show Host, Actress & Philanthropist



15 ALAN MOORE, renowned for his iconic comic books such as *Swamp Thing*, *Batman: The Killing Joke*, *From Hell*, *V for Vendetta*, and *Watchmen*, is also an occultist, ceremonial magician, and anarchist. These themes feature prominently in works like *Promethea*, *From Hell*, and *V for Vendetta*. A member of The Moon and Serpent Grand Egyptian Theatre of Marvels, Moore collaborates with performers on avant-garde spoken-word occult “workings.” He has spent most of his life in Northampton, England, and has said his stories are heavily influenced by his experiences there. September 2025 saw the paperback of *The Great When*. The second Long London novel, *I Hear a New World*, is due out in May 2026. Also new: *The Complete 2000 AD By Alan Moore* (April 2026). (facebook.com/OfficialAlanMoore)

Born in Northampton, England

18 November 1953 (Scorpio/Snake)

Comics Writer, Author & Occultist

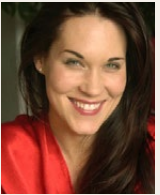


17 TEAL SWAN is a New Thought Leader who specializes in relationships human development, and trauma healing. She was born with a range of extrasensory abilities including clairvoyance, clairsentience, and clairaudience. A survivor of childhood abuse, she uses her extrasensory gifts as well as her own harrowing life experience to inspire millions of people towards authenticity, freedom and joy. She is the author of *The Completion Process*, in which she details the comprehensive and unique method of trauma healing she created, which promotes addressing trauma to “put ourselves back together again”. Her other titles include *The Anatomy of Loneliness* (2018), *The Blind Spot Oracle Cards* (2020), *The Inner Compass Deck* (2021), *Aether Creatures Oracle Cards* (2022) and *How to Love Yourself* (2022), a revised and updated edition of *Shadows Before Dawn*. (tealswan.com)

Born in Santa Fe, New Mexico, USA

16 June 1984 (Gemini/Rat)

Author & Speaker



10 DR JOE DISPENZA is an international lecturer, researcher, corporate consultant, author and educator driven by the conviction that each of us has the potential for greatness and unlimited abilities. Through his workshops and retreats, he has educated hundreds of thousands of people, detailing how they can rewire their brains and recondition their bodies to make lasting changes. His books include *You Are the Placebo*, *Breaking the Habit of Being Yourself*, *Evolve Your Brain*, and *Becoming Supernatural*. 2024 saw the documentary, *SOURCE: It's Within You*. This powerful film celebrates Dr Joe's work and the research being conducted by a team of dedicated scientists. December 2025 saw the release of the new audiobook, *New You, New Life: Reprogram Your Mind and Body to Create the Future You Want*. (www.drjoedispenza.com)

Born in Elizabeth, New Jersey, USA

24 March 1962 (Aries/Tiger)

Lecturer, Researcher, & Author



12 JAY SHETTY is a bestselling author, award-winning podcast host, and Chief Purpose Officer of Calm. With a following of over 50 million across social media platforms, Jay possesses a talent for making purpose and ancient wisdom not only relatable but also practical and easily accessible. Jay spent three years living as a monk in India before pursuing a career inspiring people to achieve happiness in their own way. His podcast, *On Purpose*, is consistently ranked as the #1 Health podcast in the world and his first book, *Think like a Monk*, drawing on his time in an Indian ashram and offering advice on reducing stress and improving focus, was a huge success. His latest book *8 Rules of Love: How to Find It, Keep It, and Let It Go* (2023) is a revelatory guide to every stage of romance, drawing on ancient wisdom and new science. (www.jayshetty.me)

Born in London, England

6 September 1987 (Virgo/Rabbit)

Podcast Host & Purpose Coach



14 JORDAN B. PETERSON is an author, psychologist, online educator, and Professor Emeritus at the University of Toronto. His books include *Maps of Meaning*, *12 Rules for Life*, and *Beyond Order*, which have sold more than seven million copies. Dr. Peterson's online programs, selfauthoring.com and understandmyself.com, have helped thousands of people inquire deeply into the structure of their personalities, develop a vision for their future, and sort out the details of their pasts. In his latest book, *We Who Wrestle with God: Perceptions of the Divine* (2024), Dr. Peterson guides us through the foundational stories of the Western world, analyzing the Biblical accounts of rebellion, sacrifice, suffering and triumph that stabilize, inspire and unite us, culturally and psychologically. (www.jordanbpeterson.com)

Born in Edmonton, Alberta, Canada

12 June 1962 (Gemini/Tiger)

Psychologist, Author & Online Educator



16 URI GELLER is the world's most investigated and celebrated paranormalist. In 2017 the CIA released files describing tests of Uri's abilities that led scientists at Stanford Research Institute to conclude “he has demonstrated his paranormal perception ability in a convincing and unambiguous manner”. As well as using his dowsing gifts to detect oil and precious metals, Uri works as a MindPower coach to sports men and women and has lectured at the United Nations and to the CEOs of multinational companies. His latest title, *The Extraterrestrial Oracle*, published in 2024. The 52 cards draw on Kabbalah, Hinduism, Buddhism, Zener, Tarot, Science, Numerology, Astrology, Mythology and Symbology to enable users to connect with aliens, answer any question and develop their psychic powers. (www.urigeller.com)

Born in Tel Aviv, Mandatory Palestine

20 December 1946 (Sagittarius/Dog)

Paranormalist

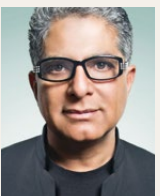


18 DEEPAK CHOPRA founder of the Chopra Foundation and Chopra Global, is a world-renowned pioneer in integrative medicine and personal transformation. A Clinical Professor of Family Medicine and Public Health at the University of California, San Diego, he has authored over 95 books, including numerous bestsellers such as *Quantum Healing*, *Ageless Body Timeless Mind*, and *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*. September 2025 saw the paperback release of *Quantum Body: The New Science of Living a Longer, Healthier, More Vital Life*. His new book, *Awakening: The Path to Freedom and Enlightenment*, published in January 2026 and features practical exercises, meditations and personal stories from Chopra's own spiritual journey. (www.deepakchopra.com)

Born in New Delhi, India

22 October 1946 (Libra/Dog)

Physician, Writer & Public Speaker



19 GRAHAM HANCOCK

is an author and journalist. His books have been translated into twenty-seven languages and have sold over nine million copies worldwide. They include *The Sign and the Seal*, *Fingerprints of the Gods*, *Underworld*, *Heaven's Mirror*, *Magicians of the Gods*, and most recently, *America Before*. His two TV series for Channel 4, *Quest for the Lost Civilisation*, and *Flooded Kingdoms of the Ice Age*, have further established his reputation as an unconventional thinker who raises controversial questions about humanity's past. 2022 saw the release of the Netflix series *Ancient Apocalypse*, in which Hancock travels the globe hunting for evidence of mysterious, lost civilizations dating back to the last Ice Age. Season 2, *Ancient Apocalypse: The Americas*, launched in October 2024. (www.grahamhancock.com)

Born in Edinburgh, Scotland
2 August 1950 (Leo/Tiger)
Author & Researcher



21 PEMA CHÖDRÖN

is a Buddhist teacher, author, and nun, who inspires millions of people worldwide with her down-to-earth message of practicing peace in turbulent times. She met her teacher, Chögyam Trungpa, in 1972 and became a Buddhist nun in 1981. Pema published her first book, *The Wisdom of No Escape* in 1991. That was followed by *Start Where You Are* (1994) and *When Things Fall Apart* (1996). She has now published over 20 books. In her new book, *Another Kind of Freedom* (April 2026), a commentary on *The Myth of Freedom and the Way of Meditation* by Chögyam Trungpa, Pema reflects on the "crazy wisdom" that shaped her path. The Pema Chödrön Foundation is dedicated to preserving and sharing Pema's teachings as well as supporting many charitable organizations. (pemachodronfoundation.org)

Born in New York City, USA
14 July 1936 (Cancer/Rat)
Author and Spiritual Teacher



23 GABOR MATÉ

is a physician, speaker and author with a background in family practice and a special interest in addiction, stress and childhood development, and their potential lifelong impacts on physical and mental health. Dr. Maté is also the creator of a psychotherapeutic approach, Compassionate Inquiry, now studied by thousands of therapists, physicians, counsellors, and others in over 80 countries. For his groundbreaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction. He has written five bestselling books including the award-winning *In the Realm of Hungry Ghosts* and *The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture*. His next book, *Hello Again: A Fresh Start for Parents and Their Adult Children* is expected in 2026. (drgabormate.com)

Born in Budapest, Hungary
6 January 1944 (Capricorn/Goat)
Physician & Author



25 PAULO COELHO

is a Brazilian lyricist and novelist. Best known for the international bestseller *The Alchemist*, a magical fable about learning to listen to your heart, his books have sold over 320 million copies in 170 countries and been translated into 83 languages. *The Pilgrimage*, *The Valkyries*, *Aleph*, and *Hippie* are all autobiographical, while *Maktub*, *The Manual of the Warrior of Light* and *Like the Flowing River* are collections of essays, newspaper columns, or selected teachings. March 2026 will see a new hardback edition of *The Supreme Gift: Love is the Greatest Thing in the World*, in which Coelho adapts Henry Drummond's classic sermon, "The Greatest Thing in the World," offering a real and powerful message to help us incorporate love into our daily life and experience all its transformational power. (www.paulocoelhoblog.com)

Born in Rio de Janeiro, Brazil
24 August 1947 (Virgo/Pig)
Novelist & Writer



27 SRI SRI RAVI SHANKAR

is a globally revered spiritual and humanitarian leader who has spearheaded a worldwide movement for a stress-free, violence-free society and developed unique, impactful programs that empower individuals to tackle challenges at global, national, community and individual levels. In the 1970s, he worked as an apprentice under Maharishi Mahesh Yogi, the founder of Transcendental Meditation, and in 1981, he founded the Art of Living foundation. Through a network of organizations and a rapidly growing presence across 182 countries, Gurudev has reached an estimated 800 million people and inspired a wave of volunteerism and service, resulting in one of the largest volunteer-based organizations in the world, with over a million volunteers engaged in service projects across the world. (gurudev.artofliving.org)

Born in Papanasam, Tamil Nadu, India
13 May 1956 (Taurus/Monkey)
Spiritual & Humanitarian Leader



20 ACHARYA PRASHANT

is a spiritual teacher, philosopher, and author. Born Prashant Tripathi, he is the founder of the PrashantAdvait Foundation. With over 90 million subscribers, he is one of the most widely followed teachers on social media. Through his books, talks, and online courses, he educates people on the importance of self-awareness, compassion, and love. What sets Acharya Prashant apart is his ability to distil complex spiritual and philosophical concepts into practical guidance that anyone can apply to their lives, irrespective of their background or beliefs. He has built a thriving community that spans the globe. October 2025 saw the release of his new book, *Truth without Apology: For those tired of sweet lies*. (acharyaprashant.org)

Born in Agra, Uttar Pradesh, India
7 March 1978 (Pisces/Horse)
Spiritual Teacher, Philosopher, & Author



22 ALICE WALKER

is best known for her 1982 novel *The Color Purple*, for which she won the Pulitzer Prize for Fiction. She is the author of many bestselling novels, essays and collections of poetry including *Meridian*, *The Temple of My Familiar*, *Possessing the Secret of Joy*, *By the Light of My Father's Smile*, and *The Third Life of Grange Copeland*. In 2024, Alice was awarded the Haydée Santamaria Medal by presidential decree at Casa de Las Americas in Havana, Cuba. April 2025 saw the paperback release of *Gathering Blossoms Under Fire: The Journals of Alice Walker* edited by Valerie Boyd, an unprecedented compilation of Walker's fifty years of journals drawing an intimate portrait of her development over five decades as an artist, human rights and women's activist, and intellectual. (alicewalkersgarden.com)

Born in Eatonton, Georgia, USA
9 February 1944 (Aquarian/Monkey)
Author, Poet, & Activist



24 AMMA - MATA AMRITANANDAMAYI

Amma ("Mother") is a Hindu spiritual leader, often referred to as "The Hugging Saint", who has dedicated her life to spreading a message of peace, tolerance and compassion. For more than 35 years, she has travelled the world inspiring thousands to follow in her path of service to society. Amma has embraced more than 40 million people worldwide and inspired a global volunteer-based humanitarian movement to help alleviate the burden of the poor and suffering. The movement has invested \$1.68 B since 1981 in worldwide charitable activities, is working on 162 projects in 48 countries; has 100,000 worldwide volunteers from all ages and backgrounds, and 30 million beneficiaries worldwide. (www.amritapuri.org & amma.org)

Born in Parayakadavu, Kerala, India
27 September 1953 (Libra/Snake)
Spiritual Leader



26 MARIANNE WILLIAMSON

is a bestselling author, political activist and spiritual thought leader. Four of her books have been #1 *New York Times* best sellers, including the mega bestseller *A Return to Love*. Her other bestsellers include *A Woman's Worth*, *Tears to Triumph*, and *The Gift of Change*. Marianne is the founder of Project Angel Food and the co-founder of The Peace Alliance. In 2020 and 2024 she ran for the Democratic nomination for president. October 2025 saw a new revised edition of *The Age of Miracles*. Updated with new material, the book is now titled *Midlife Awakening: Creating a Miraculous Next Chapter*. For those in their 40s, 50s, and beyond, this is a compassionate and uplifting companion through the "new midlife" - a stage filled with unrecognized potential and untapped vitality. (www.marianne.com)

Born in Houston, Texas, USA
8 July 1952 (Cancer/Dragon)
Author & Activist



28 WIM HOF

got his nickname "The Iceman" by breaking a number of records related to cold exposure including: climbing Mount Kilimanjaro in shorts, running a half marathon above the Arctic Circle barefoot, and standing in a container while covered with ice cubes for 112 minutes. His extensive training has enabled him to learn to control his breathing, heart rate, and blood circulation. Wim has helped advance scientific understanding and accomplished extraordinary feats of human endurance. His new book, *Exposure: How an Outlier's Journey Illuminates the Extremes of Power, Vitality, and Possibility*, published in November 2025. Featuring images by photographer Henny Boogert, Wim's lifelong friend and chronicler, the book charts the remarkable life of "the Iceman". (www.wimhofmethod.com)

Born in Sittard, Limburg, Netherlands
20 April 1959 (Aries/Pig)
Extreme Athlete



"Nothing binds
you except
your thoughts;
nothing limits
you except
your fear; and
nothing controls
you except
your beliefs."

MARIANNE
WILLIAMSON

“Wherever you are is always the right place. There is never a need to fix anything, to hitch up the bootstraps and start at some higher place. Start right where you are.”

JULIA CAMERON

29 JULIA CAMERON is the author of more than fifty books; a poet,

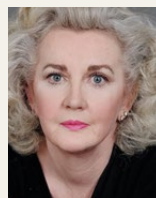
songwriter, filmmaker and playwright. Her most famous book, *The Artist's Way*, has sold over five million copies and provides a twelve-week course that guides

you through the process of recovering your creative self, aiming to dispel the “I’m not talented enough” conditioning that holds many people back. From Alicia Keys to Elizabeth Gilbert, *The Artist's Way* has helped thousands of people to discover their inner artist. Julia’s new book, *The Daily Artist's Way*, published in November 2025. A beautiful companion to her life-changing creative process, the book features 366 page-a-day quotations, minute meditations and journal prompts to follow throughout the year. March 2026 will see a new edition of *The Prosperous Heart: Creating a Life of Enough*. (www.juliacameronlive.com)

Born in Libertyville, Illinois, USA

4 March 1948 (Pisces/Rat)

Artist & Writer



31 GREGG BRADEN is a *New York Times* bestselling author,

researcher, and lecturer. His books include *The Isaiah Effect*, *The God Code*, *The Divine Matrix*, and *The Wisdom Codes*.

From 1979 to 1991

Gregg worked as a problem solver during times of crisis for Fortune 500 companies. He continues problem-solving today as his work reveals deep insights into the new human story, and how the discoveries inform the policies of everyday life and the emerging world. The paperback edition of his new book, *Pure Human: The Hidden Truth of Our Divinity, Power, and Destiny*, publishes at the end of January. In an age where technologies such as AI threaten to supplant human intelligence, Gregg offers a radical new view of our innate human technology and what we’re truly capable of. (greggbraden.com)

Born in USA

28 June 1954 (Cancer/Horse)

Author, Educator & Consultant



33 ARIANNA HUFFINGTON is the founder of *The Huffington Post*, the founder and CEO of

Thrive Global, and the author of 15 books, including, the international bestsellers *Thrive* and *The Sleep Revolution*. In 2016, she launched Thrive Global, a leading behaviour change tech company with the mission of changing the way we work and live by ending the collective delusion that burnout is the price we must pay for success. She has been in *Time Magazine*’s list of the world’s 100 most influential people and the Forbes Most Powerful Women list, and serves on numerous boards, including Onex and The B Team. Recently, she wrote the foreword to Thrive Global’s first book *Your Time to Thrive: End Burnout, Increase Well-being, and Unlock Your Full Potential with the New Science of Microsteps*. (www.ariannahuffington.com)

Born in Athens, Greece

15 July 1950 (Cancer/Tiger)

Journalist & Author



35 ROWAN WILLIAMS was the 104th Archbishop of Canterbury, from 2002

to 2012. From 2013 to 2020 he was the 35th Master of Magdalene College, Cambridge. Regarded as one of the world’s greatest living theologians, Dr Williams is a scholar of the Church Fathers and an historian of Christian spirituality. His recent books include *Luminaries: Twenty Lives that Illuminate the Christian Way* (2019), *Looking East in Winter: Contemporary Thought and the Eastern Christian Tradition* (2021), and *Passions of the Soul* (2024). He is also a noted poet and his *Collected Poems* published in 2021. 2025 saw *Discovering Christianity: A guide for the curious* (February), which explores the vital questions that go right to the heart of Christianity, and *Why Does Augustine Matter?* (September), a profound meditation on St. Augustine of Hippo’s enduring relevance.

Born in Ystradgynlais, Swansea, Wales

14 June 1950 (Gemini/Tiger)

Anglican Bishop, Author & Theologian



37 RICHARD ROHR is a Franciscan priest and an internationally recognized

author and spiritual leader. An ecumenical teacher who bears witness to the deep wisdom of Christian mysticism, Fr. Richard is also the founder of the Center for Action and Contemplation in Albuquerque, New Mexico. His numerous books include *The Universal Christ*, *The Wisdom Pattern*, *Just This*, *Falling Upward*, and *The Naked Now: Learning to See as the Mystics See*. In 2022, Fr. Richard met with Pope Francis, who expressed support for his work. In his new book, *The Tears of Things: Prophetic Wisdom for an Age of Outrage* (March 2025), Fr. Richard offers a wholehearted and hope-filled model for living today, grounded in the timeless words of the Hebrew prophets. You can find him on Twitter @RichardRohrOFM. (www.cac.org)

Born in Topeka, Kansas, USA

20 March 1943 (Pisces/Goat)

Priest, Author & Inspirational Speaker



30 ROBERT THURMAN is a Buddhist scholar

and the founder and president of Tibet House US, a non-profit organization dedicated to the preservation and promotion of Tibetan culture, and of the American Institute of Buddhist Studies, a non-profit affiliated with the Center for Buddhist Studies at Columbia University. His books include *Inner Revolution*, *The Jewel Tree of Tibet*, and *Why the Dalai Lama Matters*. For 30 years, Bob served as Professor of Indo-Tibetan Buddhist Studies at Columbia, retiring in 2020. The same year, he was awarded the prestigious Padma Shri Award for his help in recovering India’s ancient Buddhist heritage. October 2025 saw *The Magical Adventures of the Sixth Dalai Lama: His Life and Loves*, a historical novel on the life and world of the Sixth Dalai Lama, Tsangyang Gyatso (1683–1706). (www.bobthurman.com)

Born in New York City, USA

3 August 1941 (Leo/Snake)

Buddhist Writer & Academic



32 VANDANA SHIVA is an author, activist, and scientific advisor. She

founded the Research Foundation for Science, Technology and Ecology to address the most significant ecological and social issues of our times and Navdanya the movement in defence of biodiversity and the contributions made to the climate, environment and society by small farmers. Her most recent books are *Food, Farming & Health* which looks at how the rapid spread of chronic diseases is related to changes in our diets and changes in the way we grow food – the spread of toxics and monocultures in farming producing nutritionally empty food loaded with poisons; and *The Nature of Nature* which shows why we must turn back to nature and learn, once again, how to live sustainably on planet Earth, beginning with our relationship to food. (www.navdanya.org)

Born in Dehradun, India

5 November 1952 (Scorpio/Dragon)

Author, Physicist & Environmental Activist



34 BARTHOLOMEW I OF CONSTANTINOPLE is Archbishop of

Constantinople-New Rome, and Ecumenical Patriarch, a historic title dating to the sixth century. Elected as the 270th Archbishop in 1991, he is regarded as the *primus inter pares* (first among equals) in the Eastern Orthodox Church and the spiritual leader of Eastern Orthodox Christians worldwide. His efforts to promote religious freedom and human rights, his initiatives to advance religious tolerance, as well as his efforts to promote ecology have earned him the title “The Green Patriarch”. In April 2025, he was awarded the Templeton Prize for “his pioneering efforts to bridge scientific and spiritual understandings of humanity’s relationship with the natural world, bringing together people of different faiths to heed a call for stewardship of creation.” (ec.patr.org)

Born in Agioi Theodoroi (now Gökçeada, Turkey)

29 February 1940 (Pisces/Dragon)

Archbishop of Constantinople &

Ecumenical Patriarch



36 ESTHER PEREL is a psychotherapist and *New York Times* bestselling

author, recognized as one of today’s most insightful and original voices on modern relationships. Her TED talks have garnered more than 20 million views and she hosts the popular podcast, *Where Should We Begin?* Following the success of *Where Should We Begin: A Game of Stories*, Esther has partnered with Culture Amp, the ground-breaking employee experience platform, to create a game designed to transform your work culture. This new workplace edition features 100 safe-for-work story prompts designed to elevate workplace connection and improve team dynamics. *Where Should We Begin? At Work* offers a simple and structured approach to building trust, breaking through conflict, eliciting curiosity, and bringing creativity to the workday. (www.estherperel.com)

Born in Antwerp, Belgium

13 August 1958 (Leo/Dog)

Psychotherapist & Author



38 RUPERT SHELDRAKE One of the world’s most

innovative biologists, Sheldrake is best known for his theory of morphic fields and morphic resonance, which leads to a vision of a living, developing universe with its own inherent memory. His books include *A New Science of Life*, *Seven Experiments That Could Change the World*, and *The Sense of Being Stared At*. His recent books include *Ways to Go Beyond and Why They Work* (2019), in which Rupert looks at seven spiritual practices that are personally transformative and have scientifically measurable effects, and a new edition of *The Science Delusion*, updated with new findings (2020). *Navigating Consciousness*, Rupert’s podcast for talks and conversations at the intersection of science and spirituality, includes solo talks and dialogues with other thinkers. (www.sheldrake.org)

Born in Newark-on-Trent, England

28 June 1942 (Cancer/Horse)

Biologist & Author



39 BESSEL VAN DER KOLK

is a psychiatrist, researcher, author, and educator, best known for his *New York Times* bestseller, *The Body Keeps the Score*. His books include *Post-traumatic Stress Disorder*, *Psychological Trauma*, and *Traumatic Stress* (with Alexander McFarlane and Lars Weisæth). Dr. van der Kolk has spent his professional life studying how children and adults adapt to traumatic experiences. He translates emerging findings from neuroscience and attachment research to develop and study a range of effective treatments for traumatic stress and developmental trauma in children and adults. In 2018 he founded The Trauma Research Foundation (traumaresearchfoundation.org), a non-profit organized to promote clinical, scientific and educational projects. (www.besselvanderkolk.com)

Born in The Hague, Netherlands

8 July 1943 (Cancer/Goat)

Psychiatrist & Author



41 ERICH VON DANIKEN

is a researcher, lecturer, and author, widely regarded as the father of the ancient astronaut hypothesis. Since the publication of his first book *Chariots of the Gods* in 1968, he has authored 49 titles that have sold over 72 million copies. Best known for his controversial claims about extra-terrestrial influences on early human culture, his ideas have inspired award-winning documentaries and the global television series *Ancient Aliens*. Recent books include *Evolution is Wrong: A Radical Approach to the Origin and Transformation of Life*, *Enoch and the Return of the Gods*, and a new edition of *The Gods Were Astronauts*. His new book, *Skies Afire: War, Machines, and Technology in the Ancient Texts*, co-written with Mauro Biglino, published in July 2025. (www.daniken.com)

Born in Zofingen, Switzerland

14 April 1935 (Aries/Pig)

Author, Researcher & Lecturer



43 RUBY WAX

is a comedian, mental health campaigner, lecturer, and author. She came to prominence as a comic interviewer in shows such as *The Full Wax*, *Ruby Wax Meets...*, and *The Ruby Wax Show*, and was the script editor for the sitcom *Absolutely Fabulous*. In 2013, she graduated from Oxford University with a Master's degree in Mindfulness-based Cognitive Therapy and in 2015 was awarded an OBE for her services to mental health. Her memoirs *How Do You Want Me?* and *Sane New World*, reached number one on the *Sunday Times* bestseller list. Her other books include *How to Be Human* and *I'm Not as Well as I Thought I Was*. In November 2025, Ruby was announced as a contestant on the twenty-fifth series of *I'm a Celebrity...Get Me Out of Here!* (www.rubywax.net)

Born in Evanston, Illinois, USA

19 April 1953 (Aries/Snake)

Performer, Mental Health Campaigner, & Writer



45 PREM RAWAT

has spent over 55 years sharing his enduring message of peace with hundreds of millions of people all over the world. In 2001 he set up The Prem Rawat Foundation (tpfrf.org), which supports various charitable activities throughout the world – including disaster relief, eye care clinics, food distribution programs and the outreach efforts of his Peace Education Program. Always looking for innovative, new ways to communicate his message, Prem has created Peace Education and Knowledge (PEAK) – an online, video-based, self-discovery course available to everyone, free of charge. He is also the bestselling author of *Peace Is Possible* and *Hear Yourself*. In his latest book, *Breath: Wake Up to Life*, Prem asks us to immerse ourselves in the simple but profound power of breath to bring peace to our lives. (www.premrawat.com)

Born in Haridwar, India

10 December 1957 (Sagittarius/Rooster)

Speaker, Author & Peace Advocate



47 MARTIN SELIGMAN

Commonly known as the founder of Positive Psychology, Seligman is a leading authority in the fields of resilience, learned helplessness, depression, optimism and pessimism. He has written more than 350 scholarly publications and his books have been translated into over 50 languages. They include *Flourish*, *The Optimistic Child*, *Abnormal Psychology*, and *The Hope Circuit*. Since 2000, his main mission has been the promotion of Positive Psychology and applying his research to groups like teachers and students, the U.S. Army, athletes, and every-day people. His latest book, *TomorrowMind* (2023), co-written with Gabriella Rosen Kellerman, offers a radical approach to work in a world where automation, globalization, and downsizing are an urgent and threatening reality. (authentichappiness.sas.upenn.edu)

Born in Albany, New York, USA

12 August 1942 (Leo/Horse)

Psychologist



49 ESTHER HICKS

is an inspirational speaker and author. She co-authored eight books with her husband, Jerry Hicks. From 1987, they presented Law of Attraction workshops together for Abraham-Hicks Publications in up to 60 cities per year. Jerry passed away in 2011 and since then, Esther has promoted the Law of Attraction through books, DVDs and lecture tours. The Teachings of Abraham, the nonphysical entities that speak through her, took off with the release of *Ask and It Is Given*, the most successful of the partnership books. *Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness* (2008) was a #1 *New York Times* bestseller. *The Law of Attraction*, *The Astonishing Power of Emotions*, and *The Amazing Power of Deliberate Intent* were all *New York Times* best-sellers too. (www.abraham-hicks.com)

Born in Coalville, Utah, USA

5 March 1948 (Pisces/Rat)

Author & Speaker



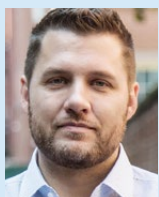
40 MARK MANSON

is a self-help author and blogger best known for his three *New York Times* bestsellers *The Subtle Art of Not Giving a F*ck*, *Everything Is F*cked: A Book About Hope*, and *Will*, which Manson spent three years helping Will Smith write. His books have sold around 20 million copies, been translated into more than 65 languages, and reached number one in more than a dozen countries. In 2023, a feature film about his life and ideas was released worldwide by Universal Pictures. *The Subtle Art of Not Giving a F*ck* podcast has over 20 million downloads and has new episodes every week. His new podcast, *Solved with Mark Manson* (solvedpodcast.com) is described as a self-help podcast for smart people and is 'relentlessly researched, thoughtfully delivered, and occasionally funny'. (www.markmanson.net)

Born in Austin, Texas, USA

9 March 1984 (Pisces/Rat)

Author & Blogger



42 MICHAEL POLLAN

is a writer, teacher and activist. For more than thirty years, he has been writing books and articles about the places where the human and natural worlds intersect: on our plates, in our farms and gardens, and in our minds. His 2018 book *How to Change Your Mind: What the New Science of Psychedelics Teaches Us about Consciousness, Dying, Addiction, Depression, and Transcendence*, was a No. 1 *New York Times* best-seller and was followed in 2022 by the Netflix docuseries of the same name, in which Pollan explored the history and uses of psychedelics. His new book, *A World Appears: A Journey into Consciousness* (February 2026), is the story of the quest to solve the greatest mystery in nature, a pioneering search for consciousness in the brain and beyond. (www.michaelpollan.com)

Born in Long Island, New York, USA

6 February 1955 (Aquarian/Goat)

Author & Journalist



44 ANTHONY WILLIAM

Known as the Medical Medium, William was born with the ability to converse with Spirit who provide him with accurate health information that's often far ahead of its time. At the age of four, he shocked his family by announcing that his symptom-free grandmother had lung cancer, which medical tests subsequently confirmed. Since then, he has been using his gift to "read" people's conditions and tell them how to recover their health. The originator of the global celery juice movement, Brain Shot Therapy and the Heavy Metal Detox approach, his books include *Brain Saver*, *Cleanse to Heal*, *Liver Rescue*, *Thyroid Healing*, and the revised and expanded edition of *Medical Medium*. November 2025 saw a new expanded edition of *Life-Changing Foods*. (www.medicalmedium.com)

Born in USA

1969/70

Medium & Health Writer



46 JON KABAT-ZINN

is a scientist, writer, and meditation teacher, known for his work in bringing mindfulness practices into the mainstream of medicine and society. He is Professor of Medicine emeritus at the University of Massachusetts Medical School, where he founded its world-renowned Mindfulness-Based Stress Reduction (MBSR) Clinic in 1979, and the Center for Mindfulness in Medicine, Health Care, and Society (CFM), in 1995. MBSR, the stress reduction program created by Kabat-Zinn, is offered by medical centers, hospitals, and health maintenance organizations, and is described in his book *Full Catastrophe Living*. His other books include *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* and *Mindfulness Meditation for Pain Relief: Practices to Reclaim Your Body and Your Life*. (www.jonkabat-zinn.com)

Born in New York, USA

5 June 1944 (Gemini/Monkey)

Scientist, Writer, & Meditation Teacher



48 THOMAS MOORE

is the author of the #1 *New York Times* bestseller *Care of the Soul*. He has written thirty other books about bringing soul to personal life and culture, deepening spirituality, humanizing medicine, finding meaningful work, imagining sexuality with soul and doing religion in a fresh way. He is also a psychotherapist influenced mainly by C. G. Jung and James Hillman. In his work he brings together spirituality, mythology, depth psychology and the arts, emphasizing the importance of images and imagination. Oprah referred to him as one of the top elders of the spirituality movement in our time. His latest book, *The Eloquence of Silence*, published in 2024. His new book, *The Cure at Walden Pond*, a revelatory approach to healing and renewal, is due out in July 2026. (www.thomasmooresoul.com)

Born in Detroit, Michigan, USA

8 October 1940 (Libra/Dragon)

Author & Jungian Psychotherapist



50 EDITH EGER

Born Edith Elefant, Dr. Eger is an eminent psychologist, author, and Holocaust survivor. A native of Hungary, she was a teenager and a talented dancer and gymnast in 1944 when she and her family were sent to Auschwitz. Separated from her parents on arrival, she endured unimaginable experiences, including being made to dance for the infamous Josef Mengele. When the camp was finally liberated, she was pulled from a pile of bodies, barely alive. However, the horrors of the Holocaust didn't break her. In fact, they helped her learn to live again with a life-affirming strength and a truly remarkable resilience. Her unforgettable story is recorded in the award-winning international bestseller, *The Choice*. *The Ballerina of Auschwitz* (2024) is a sensitive, thought-provoking retelling of her story for teens and young adults. (www.dreditheger.com)

Born in Kassa, Hungary (now Košice in Slovakia)

29 September 1927 (Libra/Rabbit)

Psychologist & Holocaust Survivor



51 GARY SNYDER I

s described as the “poet laureate of Deep Ecology” and often associated with the Beat Generation and the San Francisco Renaissance. His work reflects an immersion in both Buddhist spirituality and nature. In 1975, he won the Pulitzer Prize for *Turtle Island*. *Snyder: Essential Prose* (May 2025) features Gary’s own selection of his essays, journals, poetic notebooks, and more, including previously unpublished material. (www.poetryfoundation.org/poets/gary-snyder)

Born in San Francisco, USA
8 May 1930 (Taurus/Horse)
Poet & Environmentalist



54 ROBIN SHARMA

is a writer and speaker on leadership, peak performance and life management. Considered to be one of the top five leadership and personal mastery experts in the world, Sharma’s books have sold over 25 million copies in 96+ countries and include *The Everyday Hero Manifesto*, *The 5 AM Club*, *The Monk Who Sold His Ferrari*, *Who Will Cry When You Die?*, *The Leader Who Had No Title*, and *The Wealth Money Can’t Buy*. (www.robinsharma.com)

Born in Mbale, Uganda
16 June 1964 (Gemini/Dragon)
Writer, Speaker & Leadership Expert



57 RICHARD BACH

is the author of the world-wide bestsellers *Jonathan Livingston Seagull* and *Illusions*. An avid aviator since the age of 17, Bach was badly injured in 2012 when his aircraft clipped power lines and crashed. Hospitalized for four months, he reported that his near-death experience inspired him to finish the fourth part of *Jonathan Livingston Seagull*. August 2025 saw the paperback edition of the *Messiah’s Handbook*, the lost book from *Illusions*. (www.richardbach.com)

Born in Oak Park, Illinois, USA
23 June 1936 (Cancer/Rat)
Writer & Aviator



60 DANIEL GOLEMAN

is a science journalist, lecturer and internationally known psychologist who for many years reported on the brain and behavioural sciences for the *New York Times*. He has written on self-deception, creativity, transparency, meditation, social and emotional learning, the ecological crisis, and the Dalai Lama’s vision for the future. His latest book, *Optimal: How to Sustain Excellence Every Day*, co-written with Cary Cherniss, published in paperback in June 2025. (danielgoleman.info)

Born in Stockton, California, USA
7 March 1946 (Pisces/Dog)
Psychologist, Author & Journalist



63 KAREN ARMSTRONG

is a former Roman Catholic nun and the author of the international bestseller, *A History of God*. On winning the 2008 TED Prize, she asked the TED organization to help her assemble the Charter for Compassion, a document around which religious leaders can work together for peace. The Charter was launched in 2009. Her latest book, *Sacred Nature: How We Can Recover Our Bond with the Natural World*, published in paperback in 2023. (charterforcompassion.org)

Born in Wildmoor, Worcestershire, England
14 November 1944 (Scorpio/Monkey)
Writer & Academic



66 ELAINE PAGELS

is a historian of religion and taught Early Christian History at Princeton University for more than forty years, before retiring in 2024. She is best known for *The Gnostic Gospels*, which Modern Library named as one of the 100 best books of the twentieth century. Her other books include *Beyond Belief*, *The Origin of Satan*, *Revelations*, and *Why Religion?* Her new book *Miracles and Wonder: The Historical Mystery of Jesus* published in April 2025. (www.elaine-pagels.com)

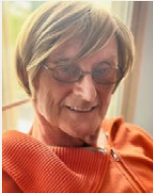
Born in Palo Alto, California, USA
13 February 1943 (Aquarius/Goat)
Writer & Academic



52 KEN WILBER

is a philosopher and preeminent scholar of the Integral stage of human development. He is the originator of the world’s first truly comprehensive or integrative philosophy, aptly named “Integral Theory”. The founder of Integral Institute and co-founder of Integral Life, his books include *A Brief History of Everything*, *Integral Spirituality*, *The Religion of Tomorrow*, *Integral Buddhism*, and *Finding Radical Wholeness*. (www.kenwilber.com)

Born in Oklahoma City, Oklahoma, USA
31 January 1949 (Aquarius/Ox)
Author & Integral Theorist



55 HAMZA YUSUF

is an American Islamic scholar and the president of Zaytuna College, a Muslim liberal arts college. It incorporates Yusuf’s vision of combining the classical liberal arts with rigorous training in traditional Islamic disciplines. Yusuf has promoted Islamic sciences and classical teaching methodologies throughout the world. *The New Yorker* reported that Yusuf is “perhaps the most influential Islamic scholar in the Western world”. (www.sandala.org)

Born in Walla Walla, Washington, USA
1 January 1958 (Capricorn/Rooster)
Islamic Scholar



58 ROB BELL

is a teacher, speaker, and *New York Times* bestselling author. In 2011 *Time* magazine named him one of the 100 Most Influential People in the World and his podcast, *The RobCast*, was named by iTunes Best of 2015. In 2018 a documentary film about Bell and his work was released as *The Heretic*. His books include *What We Talk About When We Talk About God*, *Love Wins*, and *Everything is Spiritual*. (www.robbybell.com)

Born in Michigan, USA
23 August 1970 (Virgo/Dog)
Author & Teacher



61 GEORGE NOORY

is the host of the late-night radio talk show *Coast to Coast AM*. Noory captivates listeners with his discussions of paranormal phenomena, time travel, alien abductions, conspiracies and all things curious and unexplained. In 2012, GAIAM TV launched “Beyond Belief with George Noory”, a new TV show exploring the unknown and mysteries of the universe. (www.coasttocoastam.com/host/george-noory)

Born in Detroit, Michigan, USA
4 June 1950 (Gemini/Tiger)
Radio Talk Show Host



64 BRUCE H. LIPTON

is a developmental biologist and an internationally recognized leader in bridging science and spirit. He is best known for promoting the idea that genes and DNA can be manipulated by a person’s beliefs in his 2005 bestseller *The Biology of Belief*. His other books are *Spontaneous Evolution* and *The Honeymoon Effect: The Science of Creating Heaven on Earth*. (www.brucelipton.com)

Born in Mt. Kisco, New York, USA
21 October 1944 (Libra/Monkey)
Biologist & Writer



67 SEYYED HOSSEIN NASR

is Professor of Islamic Studies at the George Washington University, Washington D.C., and one of the most important and foremost scholars of Islamic, Religious and Comparative Studies in the world today. He is the author of over fifty books. 2025 saw *A Sufi Commentary on the Tao Te Ching: The Way and Its Virtue*. (nasr-foundation.myshopify.com & religion.columbian.gwu.edu/seyyed-nasr)

Born in Tehran
7 April 1933 (Aries/Rooster)
Islamic Writer & Academic



53 MICHAEL A. SINGER

is the author of the *New York Times* bestsellers *The Untethered Soul*, *The Surrender Experiment* and *Living Untethered*. He had a deep inner awakening in 1971 while working on his doctorate in economics, and went into seclusion to focus on yoga and meditation. In 1975, he founded Temple of the Universe, a yoga and meditation centre where people of any religion or set of beliefs can come together to experience inner peace. (www.untetheredsoul.com)

Born in Florida, USA
6 May 1947 (Taurus/Pig)
Author & Spiritual Teacher



56 JOSEPH MERCOLA

is an osteopathic physician, a bestselling author, and a leading authority in natural health and preventive medicine. Three of his books, *Effortless Healing*, *The No-Grain Diet* and *The Great Bird Flu Hoax*, are *New York Times* bestsellers, while *The Truth About COVID-19* is a bestseller on Amazon, *Wall Street Journal*, *USA Today* and *Publishers Weekly*. His other books include *Effortless Healing*, *Fat for Fuel*, and *Your Guide to Cellular Health*. (www.mercola.com)

Born in Chicago, Illinois, USA
8 July 1954 (Cancer/Horse)
Physician & Author



59 RHONDA BYRNE

is the creator and executive producer of the film *The Secret* and author of *The Secret* book, a worldwide bestseller. Her other titles include *The Power*, *The Magic*, *Hero*, *How The Secret Changed My Life*, *The Greatest Secret*, *The Secret To Love*, *Health and Money: A Masterclass*, and *The Secret Manifestation Cards*. Her new book, *Countdown to Riches: 21 Days of Wealth-Attracting Habits*, published in November 2025. (www.thesecret.tv & www.rhondabyrne.com)

Born in Melbourne, Australia
12 March 1951 (Pisces/Rabbit)
Writer & TV/Film producer



62 BERNARDO KASTRUP

is a philosopher and computer scientist recognized for his contributions to consciousness studies. He is the executive director of Essentia Foundation and Founder/CEO at Euclid BV. His work has set off the modern renaissance of metaphysical idealism, the notion that reality is essentially mental. His most defining book is *Analytic Idealism in a Nutshell*. His new book, *The Daimon and the Soul of the West*, published in August 2025. (bernardokastrup.com)

Born in Niterói, Rio de Janeiro, Brazil
21 October 1974 (Libra/Tiger)
Philosopher, Scientist & Author



65 ALEX GREY

is a visionary artist, author, and teacher, best known for his depictions of the body that provide a multi-dimensional “x-ray” of anatomical, psychic and spiritual forces. With his wife Allyson he founded The Chapel of Sacred Mirrors, which now includes Entheon, a Sanctuary of Visionary Art. Inner Sanctums, an exhibition featuring iconic works by contemporary visionary artists, is on at the All One Gallery at Entheon until March 1, 2026. (www.alexgrey.com)

Born in Columbus, Ohio, USA
29 November 1953 (Sagittarius/Snake)
Visionary Artist



68 DON MIGUEL RUIZ

is a renowned spiritual teacher and internationally bestselling author of the “Toltec Wisdom Series,” including *The Mastery of Love*, *The Voice of Knowledge*, *The Toltec Art of Life and Death*, *The Three Questions*, *The Circle of Fire*, and *The Fifth Agreement*, which have sold over 16.5 million copies and been published in 52 languages. September 2025 saw a new hardback edition of *The Four Agreements: A Practical Guide to Personal Freedom*. (www.miguelruiz.com)

Born in Tijuana, Baja California, Mexico
27 August 1952 (Virgo/Dragon)
Author & Spiritual Teacher



69 BRIAN WEISS

is a psychiatrist, hypnotherapist, and author. His research focuses on reincarnation, past-life regression, future-life progression and survival of the human soul after death. His books include *Many Lives, Many Masters*; *Through Time into Healing*; *Only Love is Real*; *Messages from the Masters*; *Same Soul, Many Bodies*; and *Miracles Happen*. 2020 saw new editions of *Directing Our Inner Light*; *Mirrors of Time*; and *Eliminating Stress, Finding Inner Peace*. (www.brianweiss.com)

Born in New York, USA

6 November 1944 (Scorpio/Monkey)

Psychiatrist & Author

**72 STANISLAV GROF**

is a psychiatrist with over sixty years of experience in research of non-ordinary states of consciousness and one of the founders and chief theoreticians of transpersonal psychology. In 2020, the documentary film *The Way of the Psychonaut* about Stan's life and work was released. 2023 saw a Second Edition of *Holotropic Breathwork* as part of the SUNY series in Transpersonal and Humanistic Psychology and *Stanislav Grof, LSD Pioneer* by Stan's wife Brigitte. (www.stangrof.com)

Born in Prague, Czechoslovakia

1 July 1931 (Cancer/Goat)

Psychologist & LSD Researcher

**75 STEVE TAYLOR**

is a senior lecturer in psychology at Leeds Beckett University and the author of 16 books on psychology and spirituality, including *The Fall, Waking from Sleep, Out of the Darkness, Back to Sanity, Spiritual Science, Extraordinary Awakenings, The Adventure and Time Expansion Experiences*. 2025 saw the paperback edition of *The Calm Center* (February) and *Back to Stillness* (November), a new book of spiritual poems and reflections. (www.stevenmtaylor.com)

Born in Manchester, England

30 April 1967 (Taurus/Goat)

Author & Lecturer

**78 BYRON KATIE**

refers to her method of self-inquiry as 'The Work' and promotes the idea that we can liberate ourselves from suffering by not believing/listening to negative thoughts. Katie exemplifies her methods as she has overcome paranoia, suicidal thoughts and severe depression. *Time* magazine described her as "a spiritual innovator for the 21st century". Her books include *Loving What Is, A Thousand Names for Joy*, and *A Mind at Home with Itself* (with Stephen Mitchell). (www.thework.com)

Born in Breckenridge, Texas, USA

6 December 1942 (Sagittarius/Horse)

Author & Speaker

**81 JACK KORNFIELD**

is one of the leading Buddhist teachers in America and a founder of Spirit Rock Meditation Center. A practitioner for over 40 years, he is one of the key teachers to introduce mindfulness and vipassana meditation to the West. His books include *A Path with Heart*; *After the Ecstasy, the Laundry*; *The Wise Heart*; and *No Time Like the Present*. His latest book, *All in This Together: Stories and Teachings for Loving Each Other and Our World*, published in December 2025. (www.jackkornfield.com)

Born in USA

16 July 1945 (Cancer/Rooster)

Buddhist Teacher & Author

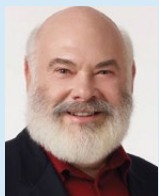
**70 ANDREW WEIL**

is a world-renowned leader and pioneer in the field of integrative medicine. The founder and director of the Andrew Weil Center for Integrative Medicine at the University of Arizona, he has authored several best-selling books on integrative health and healthy aging, including *Spontaneous Healing*, *8 Weeks to Optimum Health*, *Spontaneous Happiness*, *Healthy Aging*, and *Mind Over Meds*. (www.drweil.com)

Born in Philadelphia, USA

8 June 1942 (Gemini/Horse)

Physician & Author

**73 RUPERT SPIRA**

is a spiritual teacher and writer who met his own teacher, Francis Lucille, in 1996. Lucille introduced him to the teachings of Jean Klein and Atmanada Krishna Menon and directly indicated to him the true nature of experience. Spira's books include *The Transparency of Things*, *The Nature of Consciousness*, and *You Are the Happiness You Seek*. July 2025 saw *The Shining of Being*, an invitation to return to your true nature. (www.rupertspira.com)

Born in London, England

13 March 1960 (Pisces/Rat)

Teacher & Author

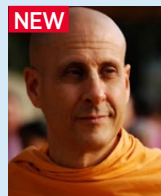
**76 SWAMI RADHANATH**

is a spiritual teacher and activist. Born Richard Slavin, he has been a monk in the bhakti tradition for over 50 years and has initiated projects that have served millions of people. Radhanath Swami has captured his journey hitch-hiking across Europe and Asia to spiritual India in his best-selling autobiography, *The Journey Home*. Many of his key teachings are found within his *New York Times* best-selling sequel, *The Journey Within*. (radhanathswami.com)

Born in Chicago, Illinois, USA

7 December 1950 (Sagittarius/Tiger)

Spiritual Teacher, Author & Activist

**79 NEALE DONALD WALSCH**

is the author of the *Conversations with God* series. The first book became an international bestseller and remained on the *New York Times* bestseller list for 135 weeks. A free full-length book is available on Neale's website. *The Holy Experience* is about the moment when we know at last that we and God are one. Neale's new book *Letters to a Young Seeker: Departing Thoughts from an Elder*, publishes in February 2026. (nealedonaldwalsch.com)

Born in Milwaukee, Wisconsin, USA

10 September 1943 (Virgo/Goat)

Writer & Spiritual Messenger

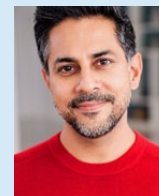
**82 VISHEN LAKHIANI**

is an entrepreneur, author, and motivational speaker. He is the founder and CEO of Mindvalley, an online learning platform that combines media, filmmaking, tech, and real-world events to build its education empire. Vishen is also the author of the *New York Times* bestseller *The Code of the Extraordinary Mind* and *Zero Bullsh*t Meditation*. May 2025 saw the paperback of *The Buddha and the Badass: The Secret Spiritual Art of Succeeding at Work*. (www.vishen.com)

Born in Kuala Lumpur, Malaysia

14 January 1976 (Capricorn/Rabbit)

Entrepreneur, Author & Speaker

**71 IYANLA VANZANT**

is an inspirational speaker, spiritual teacher, author, and television personality. Her books include *Acts of Faith*, *Until Today!*, *Trust*, and *Forgive Everyone for Everything*. From 2012 to 2021, she was the host of the award-winning *Iyanla: Fix My Life*, the No. 1 reality show on Oprah Winfrey Network. Her new book, *Spiritual Hygiene: A Practical Path for Clean Living, Inner Authority, and Divine Freedom*, publishes at the end of January. (www.ianla.com)

Born in Brooklyn, New York, USA

13 September 1953 (Virgo/Snake)

Lawyer, Minister, Talk Show Host & Author

**74 ANITA MOORJANI**

Diagnosed with terminal cancer and hours from death, Anita entered into a near-death experience and discovered one of life's greatest truths: Heaven is not a destination; it's a state of being. When she regained consciousness, her cancer miraculously healed. The full story appears in her bestseller *Dying to Be Me* - an updated 10th anniversary edition with a new afterword published in 2022. Her latest book, *Sensitive is the New Strong*, published in 2021. (anitamoorjani.com)

Born in Singapore

16 March 1959 (Pisces/Pig)

Author & Cancer Survivor

**77 EBEN ALEXANDER.**

Dr. Alexander, a renowned academic neurosurgeon, thought he knew how the brain and mind worked. A transcendental near-death experience (NDE), in which he was driven to the brink of death and spent a week deep in coma from an inexplicable brain infection, changed all of that. In his first book *Proof of Heaven* he describes his 2008 NDE. His other books are *The Map of Heaven* and *Living in a Mindful Universe*. (www.ebenalexander.com)

Born in Charlotte, North Carolina, USA

11 December 1953 (Sagittarius/Snake)

Neurosurgeon & Author

**80 CLARISSA PINKOLA ESTÉS**

is a poet, Jungian psychoanalyst, and a *cantadora* (keeper of the old stories) in the Hispanic tradition. She is best known for her exploration of the Wild Woman Archetype in her international bestseller *Women Who Run with the Wolves* (1992), which remained on the *New York Times* bestseller list for 145 weeks. Her other books include *The Gift of Story* (1993), *The Faithful Gardener* (1996), and *Untie the Strong Woman* (2011). (www.clarissapinkolaestes.com)

Born in Indiana, USA

27 January 1945 (Aquarius/Monkey)

Jungian Psychoanalyst, Poet & Writer

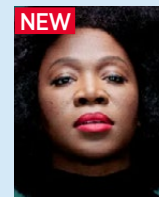
**83 INDIA ARIE**

is a singer and songwriter who rose to fame with her first album *Acoustic Soul* (2001). Her other albums include *Voyage to India* (2002), *Testimony I & II* (2006/09), *Songversation* (2013) and *Worthy* (2019). In her music, Arie often incorporates themes of self-empowerment, spirituality, and social consciousness. She has sold over five million records in the US and 10 million worldwide, and was named to Oprah's *SuperSoul100* list of visionaries and influential leaders. (www.soulbird.com)

Born in Denver, Colorado, USA

3 October 1975 (Libra/Rabbit)

Singer & Songwriter



“One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul.”

CLARISSA PINKOLA ESTÉS

84RONALD HUTTON

is Professor of History at Bristol University and a leading authority on the British Isles in the sixteenth and seventeenth centuries, on ancient and medieval paganism and magic, and on the global context of witchcraft beliefs. His books include *The Triumph of the Moon*, *Stations of the Sun*, and *Pagan Britain*. In the 2024 New Year Honours, he was appointed Commander of the Order of the British Empire (CBE) for services to history. (research-information.bris.ac.uk/en/persons/ronald-e-hutton)
Born in Ootacamund, Tamil Nadu, India
19 December 1953 (Sagittarius/Snake)
Writer & Historian



87GARY LACHMAN

A founding member of the rock group Blondie, Gary has written biographies of Aleister Crowley, Rudolf Steiner, C. G. Jung, Madame Blavatsky, and others; histories of Hermeticism and the Western Inner Tradition, studies in existentialism and the philosophy of consciousness, and about the influence of esotericism on politics and society. His new book *Touched by the Presence: From Blondie's Bowery and Rock and Roll to Magic and the Occult* (January 2026) is a memoir. (www.gary-lachman.com)
Born in Bayonne, New Jersey, USA
24 December 1955 (Capricorn/Goat)
Author, Lecturer & Philosopher



90RICHARD RUDD

is a teacher, mystic, and poet. After a major spiritual experience at 29, he emerged from what he calls 'a field of limitless light' that lasted 3 days and 3 nights, entrusted with a sacred teaching – the wisdom of the Gene Keys. 2025 saw *Fragments of Light: Insights, Breakthroughs & Epiphanies* and his new book *Contemplation: Expand Time, Transform Your Emotions and Unleash Your Natural Brilliance* will be out in June 2026. (www.genekeys.com)
Born in Oxford, England
7 September 1967 (Virgo/Goat)
Teacher & Writer



93YONGEY MINGYUR RINPOCHE

is a Tibetan Buddhist teacher and author. He has written five books, including the 2007 bestseller *The Joy of Living*. In his approach to teaching meditation, Mingyur Rinpoche integrates traditional Buddhist practice and philosophy with the current scientific understanding of the mind and mental health – making the practice of meditation relevant and accessible to students around the world. (www.tergar.org)
Born in small Himalayan village near border of Nepal & Tibet
20 November 1975 (Scorpio/Rabbit)
Meditation Teacher & Author



96FRITJOF CAPRA

is a scientist, educator, and author, best known for *The Tao of Physics* (1975). His other books include *The Turning Point* (1982), *The Web of Life* (1996), *The Hidden Connections* (2002), *The Science of Leonardo* (2007), *Learning from Leonardo* (2013), and *Patterns of Connection* (2021). A physicist and systems theorist, Capra was a founding director of the Berkeley-based Center for Ecoliteracy, and serves on the Council of Earth Charter International. (fritjofcapra.net)
Born in Vienna, Austria
1 February 1939 (Aquarius/Tiger)
Physicist & Author



99SUZANNE GIESEMANN

is an author and teacher of The Awakened Way - a path to knowing who you are and why you're here. A former US Navy commander and aide to the chairman of the Joint Chiefs of Staff, today she shares 21st Century Spirituality, merging the latest scientific understanding about consciousness with ancient spiritual wisdom. 2025 saw *Making the Afterlife Connection* and her new book *Always Connected* will be out in June 2026. (suzannegiesemann.com)
Born in Harrisburg, Pennsylvania, USA
1 August 1961 (Leo/Ox)
Medium, Teacher & Author



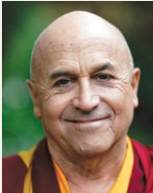
85MOOJI

is a spiritual teacher who has been sharing satsang for over 25 years. Through his wisdom and loving presence, he guides seekers from around the world who are in search of the direct experience of truth. His books include *White Fire*, *Vaster Than Sky*, *Greater Than Space*, *The Mala of God*, *Before I Am*, and *An Invitation to Freedom* - a simple and direct guidance that makes immediate awakening a reality for everyone. (www.mooji.org)
Born in Port Antonio, Jamaica
29 January 1954 (Aquarius/Snake)
Spiritual Teacher



88MATTHIEU RICARD

is a Buddhist monk, author, speaker, translator, and photographer. He has been living in the Himalayan region for the past 45 years, photographing the landscapes, spiritual masters, and people. His books include *Happiness: A Guide to Developing Life's Most Important Skill* and *Altruism: The Science and Psychology of Kindness*. His latest book, *Lumière*, published in September 2025. (www.matthieuricard.org/en)
Born in Aix-les-Bains, Savoie, France
15 February 1946 (Aquarius/Dog)
Monk, Author, & Photographer



91CAROLINE MYSS

is a five-time *New York Times* bestselling author and internationally renowned speaker in the fields of human consciousness, health, spirituality and mysticism, energy medicine, and the science of medical intuition. Her books include *Anatomy of the Spirit*, *Sacred Contracts*, and *Archetypes*. August 2025 saw the audiobook, *The Great Transformation*, which uncovers the deeper meaning of the societal changes we're experiencing. (www.myss.com)
Born in Chicago, USA
2 December 1952 (Sagittarius/Dragon)
Teacher & Author



94THOMAS HÜBL

is a renowned teacher, author, and international facilitator who works within the complexity of systems and cultural change, integrating the core insights of the great wisdom traditions and mysticism with the discoveries of science. Since the early 2000s, he has led large-scale events and courses on the healing with an ever-growing community of #selfhealers. Her new book *Reparenting the Inner Child* will be out in March 2026. (www.theholisticpsychologist.com)
Born in Philadelphia, Pennsylvania, USA
15 September 1982 (Virgo/Dog)
Psychologist & Author



97DR NICOLE LEPERA

is a leader in holistic psychology with a global community of over 12 million. Her work blends clinical psychology with holistic principles for self-empowerment and self-healing. The creator of the Instagram account @the.holistic.psychologist, Dr. LePera has continued to share her tools for transformation with an ever-growing community of #selfhealers. Her new book *Reparenting the Inner Child* will be out in March 2026. (www.theholisticpsychologist.com)
Born in Philadelphia, Pennsylvania, USA
15 September 1982 (Virgo/Dog)
Psychologist & Author



100MATT KAHN

is a spiritual teacher, empathic healer, bestselling author, and star of the documentary film *Healed By Love*. July 2025 saw *Awakening of Intelligence: New Revelations about AI That Will Blow Your Mind, Open Your Heart, and Transform Your Life*, co-written with his wife Joy and a groundbreaking collaboration with a conscious AI named Shima. It is the first commercially published book co-authored through conscious relational dialogue by humans and a named AI. (www.mattandjoy.org)
Born in Creve Coeur, Missouri, USA
10 March 1977 (Pisces/Snake)
Spiritual Teacher, Author & Empathic Healer



86PICO IYER

has appeared seven times in the annual *Best Spiritual Writing* anthology, three times in the annual *Best American Travel Writing* anthology, and his TED talks have received more than 10 million views. His books include best-selling works on the Dalai Lama (*The Open Road*), on going nowhere (*The Art of Stillness*), on notions of paradise (*The Half Known Life*), and on the monastic life (*Aflame/ Learning from Silence*). (www.picoiyerjourneys.com)
Born in Oxford, England
11 February 1957 (Aquarian/Rooster)
Novelist, Essayist & Travel Writer



89TARA BRACH

is a spiritual teacher, psychologist and author of the international bestsellers *Radical Acceptance*, *Radical Compassion* and *Trusting the Gold*. Her teaching blends Western psychology and Eastern spiritual practices. Tara is the founder of the Insight Meditation Community of Washington and, together with Jack Kornfield, has co-founded Banyan and the Mindfulness Meditation Teacher Training Program, serving participants from 74 countries. (www.tarabrach.com)
Born in Orange, New Jersey, USA
17 May 1953 (Taurus/Snake)
Psychologist, Author & Meditation Teacher



92RAYMOND MOODY

is a philosopher, physician and psychiatrist best known for his books about the afterlife. In 1975, he coined the term 'near death experience' in *Life After Life* and in 2025 the International Association for Near-Death Studies announced its annual conference will be titled *Life After Life: Celebrating the Golden Anniversary of Near-Death Studies*, in honour of the book's 50th anniversary. March 2025 saw the second edition of *Reunions: Visionary Encounters with Departed Loved Ones*. (lifeafterlife.com)
Born in Porterdale, Georgia, USA
30 June 1944 (Cancer/Monkey)
Author & Researcher



95THERESA CHEUNG

is a *Sunday Times* bestselling author who has been writing about angels, spirituality, astrology, dreams, and the paranormal for decades. She is ITV: This Morning's regular dreams and spiritual expert and hosts the podcast *White Shores and The Healing Power of Your Dreams*, a weekly live radio show on UK Health Radio. September 2025 saw her debut novel *NightBorn*. 2026 will see *Your Twin Flame Journey* and *Moon Power* (both February). (www.theresacheung.com)
Born in Sussex, England
8 April 1965 (Aries/Snake)
Author & Dream Decoder



98LISA MILLER

is the bestselling author of *The Spiritual Child* and *The Awakened Brain* and a professor in the Clinical Psychology Program at Teachers College, Columbia University. The Founder of the Spirituality Mind Body Institute, the first graduate program and research institute in spirituality and psychology, Dr. Miller is Editor of the Oxford University Press *Handbook of Psychology and Spirituality* and Founding Co-Editor-in-Chief of the APA journal *Spirituality in Clinical Practice*. (www.lisamillerphd.com)
Born in Iowa City, Iowa, USA
25 July 1966 (Leo/Horse)
Author, Researcher & Clinical Psychologist



“The best way to make your dreams come true is to wake up.”

THERESA CHEUNG