

Maria Rinné: Empowering Hearts and Minds with Energy Meditations and Coaching, Announces Upcoming Book Release

Maria Rinné, renowned podcaster, energy coach, and spiritual guide, is excited to announce the release of her highly anticipated first book, "Pure Raw and Happy: How to navigate a more joyful new way of life straight from the heart." The book will be available soon, offering readers a transformative guide to opening their hearts and embracing a joyful, fulfilling life.

Maria Rinné has been in the spiritual community since 2004 when she began her personal spiritual journey. With nearly two decades of experience working with energy meditations, coaching, and writing, Maria has cultivated a deep understanding of how to live in harmony with one's true self. Her work has helped individuals to heal, grow, and discover a life filled with more joy, freedom, and peace.

A beloved podcaster since 2017, Maria has inspired her listeners with her engaging discussions about spiritual growth, mindfulness, and energy healing. Through her podcast, she shares wisdom and practical tools for anyone seeking to elevate their lives together with channelled energy meditations. Her holistic approach emphasizes the importance of aligning one's energy, emotions, and actions in order to create meaningful and lasting change.

In her debut book, *Pure Raw and Happy*, Maria introduces readers to seven powerful steps that can guide them toward a more joyful life. These steps are drawn from her years of experience and spiritual practices, helping individuals reconnect with their inner essence and achieve greater happiness. With practical exercises and meditations, Maria offers an accessible roadmap to unlocking the heart and embracing the vibrant energy of life.

"Pure Raw and Happy" invites readers to let go of past limitations, step into their true potential, and experience the freedom that comes from living in alignment with the heart. Whether you're new to spirituality or a seasoned seeker, this book will offer tools and insights, aha moments and inspiration that can help you transform your life, step by step.

Maria's unique blend of coaching, energy work, and writing provides a deeply healing experience for those ready to make positive shifts in their lives. Her heartfelt message is simple: when you open your heart, you open yourself to the full spectrum of life's joy.

For more information about Maria Rinné, her podcast, and the upcoming book release, spiritual guiding, visit www.mariarinne.com or follow her on social media.

Get in contact for pod talks, live events:

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Social Media

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<https://insighttimer.com/mariarinne> - Wellness app

“Meditation Jam with Maria Rinné” – Podcast - *New episode every second week available on Spotify and most pod players.*

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