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I am Allie Stewart. I am a daughter, a friend, a queer partner, a healer, a creative, a witness, a pleasure activist, and a starry-eyed student of life in Pittsburgh, PA.

Throughout my life, especially in the last several years, I have engaged in a practice of attuning myself to understand a calling of care towards other forms of life on this planet. This process is deeply originated in the work of processing intergenerational trauma, of unpacking my roots of maternal source that have historically provided to the extent of denying the ego of its own needs. I am here to say that I am amidst this cycle, too, as a chronic giver of care. However, I am absorbed in the work of inviting in this maternal energy with a powerful Divine Feminine awareness, in which I can best heal and nourish my own energy to support the energies of those around me. I am learning to transform a worry for others into a platform into which I can empower individuals to connect to their own inner healers. I am able to do this through healing facilitation work in occupational therapy, reiki, mindfulness, intuitive nutrition, guided movement and breathwork, art therapy, and therapeutic yoga. I perceive that I am a vessel to show up for other humans as they discover what methods best serve their most adaptive, most holistic senses of well-being. My past opportunities of practice have allowed me to develop a unique comfort in connecting with populations experiencing chronic pain, homelessness, and life shifts due to military participation and aging. My goal as a healer is to facilitate self-awareness and emotional intelligence in all whom I work with, to support the spectrum of present-existence and ideal life participation.

As an individual who is birthing creative work through self-expression on a daily basis, I find grounding in methods of art that allow me to safely develop and share intentionality. I use media of written-word, two-dimensional imagery, intuitive movement, and sound to document my experiences of the world around me, connecting to myself and to others. I am acutely aware of my own life-force energy, the spirit within me that is dedicated to familiarizing with both the mundane and the extraordinary.

I am constantly learning to be a deeper student of life, regulating myself to not only notice but appreciate its details. I am not a voyeur of this human experience, but a true witness, observing how the world was, is, and can be as I connect to the divine, the natural, the interrelationships of the earth that inform cultures, values, and perceptions. I am a subscriber to the ecological (rather than hierarchical) perspectives of the world, trusting in the powers of community as ego is shifted to an existence where all are co-existent, rooted in their innate strengths, and able to meet the needs of others in free-flowing streams of abundant authenticity. I am a willing participant in this process of vulnerably showing up to a platform of worldly interaction, for the benefit of mutual aid and growth.

I am a believer in the pleasurable, the life lived for the sake of diving deeper into genuine satisfaction. I dedicate my existence to the advocacy of authentic pleasure, belonging, and communal love for all, through the individualized ways that humans create meaning for themselves along many diverse paths of self-actualization. I am inspired by the growth that comes from a radical questioning of preexisting systems, admitting that we all as humans are not defined by the answers we have, but the inquiries we are developing in loving critique and accountability. I trust in the power of evaluation, in understanding how our methods can be shifted over time to best support the pleasure of all, and not just those of us who are lucky to be born with pools in which we are most clearly able to reflect back our own gratitude. I have faith in the resilience of intention, creation, and humanity.