

MEDIA BIOGRAPHY

Full Biography

Librarian of Souls, creator of Interior Life Design, author, and spiritual educator

SPIRITUAL DISCERNMENT | CONTRACT WORK | RELATIONAL CLARITY

A Librarian of Souls

Melanie Bright is a Librarian of Souls, author, spiritual educator, and creator of **Interior Life Design**, a framework for understanding how the inner world works and how it shapes everything else. Her work focuses on the hidden architecture beneath a life: the beliefs, agreements, relational structures, perceptions, and unseen influences that may be organizing a person's choices, relationships, spiritual experiences, and direction.

The title Librarian of Souls describes more than Melanie's ability to work within the Akashic Records. It reflects the way she moves through complex bodies of information - recognizing relationships between stories, identifying what is relevant, questioning what she encounters, and translating difficult truths into grounded understanding. The Records are one of her tools. Melanie remains actively engaged in the work of perceiving, listening, testing, discerning, contextualizing, and integrating what is received. The client remains the chooser.

Her goal is not to make people dependent upon a reader, a spiritual message, or an unseen authority. It is to help them see clearly enough to recover their own authority and make conscious choices rooted in truth rather than fear, confusion, pressure, or projection.

The Crisis That Changed the Questions

Although intuitive perception had been present throughout Melanie's life, she did not fully understand or have language for her abilities until her mid-twenties. Her path into healing and spirituality did not begin as a career plan. It began with a medical crisis involving her second child, Eric.

During Melanie's pregnancy, Eric was diagnosed in utero with a severe congenital heart malformation. The first physician gave the family an extraordinarily bleak prognosis, suggested termination, and warned that Eric might otherwise be stillborn. Melanie left that physician's care and sought a second opinion from a leading pediatric cardiac facility, where the family was given a more informed and hopeful path forward.

Eric was taken from Melanie's arms approximately one minute after birth and transferred immediately into intensive care. He was placed in a medically induced coma and underwent open-heart surgery at one week old. A second open-heart surgery followed when he was four months old. Both procedures were successful.

The experience permanently altered Melanie's understanding of authority, responsibility, intuition, and choice. Her son's life had been saved through skilled medical intervention, but she had also learned the importance of seeking further information, questioning an incomplete prognosis, and remaining an active participant in decisions that could determine a life.

Melanie promised to become a healthier person and a living example of possibility for her son. That commitment first led into nutrition and exercise, then expanded into emotional health, family patterns, personal responsibility, relationship dynamics, inner work, and spirituality. Eric's survival did not give Melanie easy answers. It taught her to ask better questions.

Study, Practice, and Responsibility

Over the years that followed, Melanie studied nutrition, Usui Reiki, Kundalini yoga and breathwork, Transformational Breathwork, Nonviolent Communication, shadow work, life coaching, trauma-informed practices, plant medicines, grounding, and energetic protection.

She traveled to Costa Rica, Peru, and Africa, spending time with multigenerational teachers, elders, shamans, and Indigenous communities. In Africa, she was initiated into the Bwiti tribe.

Melanie holds a BA in Communications. She became a certified Reiki practitioner in 2014, a certified minister in 2017, spent several week-long intensives learning the art of Transformational Breathwork®, and became a certified Akashic Records reader in 2022. Before creating a professional practice, she spent approximately ten years offering intuitive readings and guidance without charge. Those years developed not only her intuitive ability, but her capacity for non-attachment, spiritual discernment, safety, ethical responsibility, and an understanding of how spiritual information affects real people and real decisions.

Interior Life Design

Interior Life Design is the conceptual spine connecting Melanie's sessions, books, courses, relational work, and spiritual teaching. It begins with a central question: How does the inner world actually work - and how does it shape everything else?

The framework examines what is already organizing a person's experience before attempting to change it. That may include beliefs, fears, spiritual and relational contracts, inherited obligations, internalized roles, boundaries, consent, competing realities, energetic bonds, unresolved responsibilities, and influences the person can sense but cannot yet name.

Design, in Melanie's work, does not mean inventing a more comfortable version of reality. It means seeing the existing structure accurately enough to determine what should remain, what must be faced, and what can be completed, repaired, released, renegotiated, or built differently. You cannot redesign what you cannot yet see.

Spiritual Contracts and Hidden Agreements

One of Melanie's primary specialties is spiritual contract work. A contract may be a conscious or unconscious agreement, relational pattern, inherited obligation, energetic bond, collective arrangement, or role that continues to influence a person, family, relationship, business, or community. Some contracts are explicit. Others operate because they were inherited, forgotten, misunderstood, or created during fear, crisis, loyalty, or dependency.

Melanie works to identify the agreement beneath the pattern: why it formed, whom it affects, what purpose it may once have served, and whether it should now be completed, released, rewritten, renegotiated, or replaced. Her approach is more precise than simply cutting cords or declaring an influence gone. She looks for the structure that allowed the pattern to exist and what conscious change will be required afterward.

Relationship and the Conscious Compass

Melanie's understanding of the interior life is inherently relational. She helps people explore the hidden structures beneath family relationships, romantic partnerships, friendships, professional dynamics, spiritual relationships, and difficult decisions. Her framework addresses agreements, perception, shared reality, language, boundaries, consent, accountability, trust, rupture, repair, and conscious choice.

Her developing book *The Conscious Compass: Orienting in Relationship* asks a question often missing from conventional relationship advice: before deciding what to do, do we understand where we actually are? Melanie examines what happens when two people no longer share the same meaning, when perception is mistaken for fact, or when repair is attempted without accountability or consent.

Her relational work also extends across the veil. Melanie works with continued relationship - the understanding that death may change the conditions of a relationship without erasing the relationship itself. She has facilitated unfinished conversations, changing roles and boundaries, amended agreements, and relational repair involving living and deceased people. This remains relationship work, approached through the same principles she considers essential among the living: truth, consent, responsibility, sovereignty, and respect for everyone involved.

Spiritual Safety and Discernment

Spiritual safety and discernment are central to Melanie's teaching. She challenges the assumption that every comforting presence, intuitive message, spiritual guide, or extraordinary experience should automatically be trusted. Openness without discernment, in her view, is not spiritual maturity.

Melanie teaches people to distinguish intuition from fear, projection, wishful thinking, trauma responses, and outside influence; to establish energetic boundaries; to recognize what they have and have not consented to; and to remain connected to themselves while engaging spiritual information or unseen beings. She tells difficult truths in a trauma-informed way: directly enough to be useful, but without using truth to overwhelm, shame, or control the person receiving it.

This work is especially relevant to intuitive people, emerging practitioners, and those experiencing spiritual awakening. Melanie helps them learn to ask: Is this mine? Is this true? Is this safe? Do I consent? What agreement is being created? Does this support the greatest good? What action, if any, is actually mine to take?

Mentorship and Teaching

Through her mentorship, Melanie supports practitioners and spiritually sensitive people navigating overwhelm, energetic boundaries, self-trust, burnout, fear, or difficulty separating their own perception from the emotions and expectations of others. The mentorship is not how to read the Akashic Records. It is a space for recalibration, discernment, spiritual development, relational understanding, and reconnection with one's own inner compass.

Her courses and teachings include Spiritual Hygiene and Protection, Telepathy 101, the Power of Intention, grounding and shielding, spiritual sovereignty and consent, and guided practices for emotional release, restoration, and integration.

Consciousness, Contact, and the Unseen

Melanie's work with consciousness extends beyond conventional spiritual practice. She co-created and co-hosted the YouTube channel ET Connection, which explored CE-5 contact practices, meditation, consciousness, UFO footage, contact experiences, and the possibility of peaceful communication between humans and nonhuman intelligences. Her experiences have included CE-5, missing time, Sasquatch encounters, and communication with different beings and intelligences on Earth and throughout the multiverse.

She does not present unusual experiences merely as spectacle. They led her more deeply into telepathic safety, consent, spiritual sovereignty, and the responsibilities involved in unseen communication. Her approach leaves room for extraordinary experience while insisting that curiosity be accompanied by careful discernment.

International Media

In March 2025, Melanie was featured in the Japanese spiritual magazine *anemone* as one of six international readers and channelers invited to offer insight into the year ahead. Her contribution addressed the widely circulated prediction by manga artist Ryo Tatsuki of a major catastrophe affecting Japan in July 2025. Melanie's reading differed directly from the fearful narrative: she stated that the predicted catastrophe would not occur. Her prediction proved accurate.

Books and Intellectual Work

Melanie's books bring the different applications of Interior Life Design together. *A Librarian of Souls: Inside the Living Archive* uses real experiences and teachings from her work to explore truth, responsibility, fear, boundaries, intuition, spiritual discernment, relationship, and self-trust. It brings readers inside a living archive while keeping the responsibility of interpretation firmly visible.

The Conscious Compass: Orienting Yourself in Relationship is a practical framework for recognizing what is actually happening beneath conflict, confusion, or disconnection. It helps readers distinguish perception from what-is, identify what belongs to them, understand the agreements shaping a relationship, and choose how to move forward without abandoning themselves or attempting to control another.

The Renaissance of Death explores an emerging era in which humanity's natural connection across the veil is restored and relationships with those who have left the body can continue in a new form. The book examines continued consciousness, changing relational roles, finishing unfinished conversations, sovereignty, consent, and the possibility that relationship and repair can continue beyond physical life.

The Principle Connecting the Work

Across every branch of her work, Melanie returns to a consistent principle: spiritual insight is only useful when it restores rather than replaces a person's autonomy. She does not want people to surrender their judgment to the Records, to her, or to any other spiritual authority. She wants them to recognize what is present, understand what belongs to them, and make conscious choices from a truthful orientation.

Melanie is a wife, the mother of three children, and a practitioner based in Northern California. Her work brings together the personal and spiritual, the ordinary and extraordinary, and the visible and unseen. She speaks with candor about family crisis, hidden agreements, relational responsibility, spiritual contact, and the difficult work of trusting oneself without abandoning discernment.

For interviews, Melanie can speak about Interior Life Design; the role of a Librarian of Souls; spiritual contracts and hidden agreements; spiritual safety, consent, and sovereignty; intuition, fear, and distortion; conscious relationship and shared reality; relational repair across the veil; telepathy and contact experiences; ethical interaction with unseen intelligences; practitioner boundaries and burnout; and translating spiritual information into practical, grounded choice.