

ANASTASIA KAESBACH

FULL AUTHOR BIO

Anastasia Kaesbach is an author, entrepreneur, and founder of Prana Yami whose work explores consciousness, inner guidance, human potential, and the nature of reality.

Her path to writing emerged from an unconventional creative and entrepreneurial background. Before writing became a central expression of her work, Kaesbach built an international career in fashion, presenting her work internationally, including in New York. Together with her husband, she also built and developed several companies, gaining decades of firsthand experience in turning ideas into tangible realities, navigating change, and beginning again.

For more than two decades, inner guidance has been a central element of her life and work. Rather than approaching consciousness solely as an abstract philosophy, Kaesbach writes from lived experience and from an ongoing exploration of what happens when people begin to trust the intelligence they discover within themselves.

Her body of work extends beyond books. Over the years, she has developed 36 online courses and created hundreds of guided meditations, bringing her exploration of consciousness, inner guidance, creativity, and human potential into a wide range of formats. Her books are published in both English and German.

Across her writing, recurring themes include the inner voice, conscious creation, wholeness, identity, possibility, and the relationship between inner experience and the reality we encounter. At the center of her work is a far-reaching inquiry: What becomes possible when we stop searching outside ourselves for what we believe is missing and begin to recognize the intelligence, creative potential, and wholeness already present within us?

Her latest book, *I AM THE QUANTUM FIELD: Living from Wholeness in a Reality of Infinite Possibility*, brings these explorations together through the relationship between the witness, the player, and the field. Drawing on personal experience and more than two decades of inner exploration, the book examines what changes when reality is no longer experienced solely from the perspective of the individual navigating life, but also from an awareness of the larger field in which experience arises.

Kaesbach is also the founder of Prana Yami, an international field and community centered on inner authority, wholeness, conscious creation, human connection, and bringing these principles into lived experience.

Today, her work brings together worlds that are often treated as separate: entrepreneurship and creation, consciousness and inner guidance, personal experience and the exploration of reality. She is available for selected international interviews, podcasts, literary events, panel conversations, readings, and speaking engagements.