

RANDY SIEGEL

Writer • Spiritual Teacher • Guide for Life Transitions

Conversations on spirituality, psychology, aging, meaning, creativity, and personal transformation during life's major transitions.

ABOUT RANDY

Randy Siegel helps people navigate life's transitions, the threshold between who they were and who they are becoming.

For more than 30 years, as a coach, mentor, and teacher, Randy has guided thousands of people through personal and spiritual transformation, helping them reconnect with meaning, authenticity, creativity, and purpose.

Today, Randy writes essays on spirituality, emotional resilience, aging, contemplative life, and human growth. He also leads workshops, creates art, and serves as a thoughtful companion for people moving through life transitions, loss, reinvention, and awakening.

His work blends psychology, spirituality, and lived experience in a way that is grounded, warm, reflective, and deeply human.



"Meaningful growth often happens in the waiting."

SAMPLE INTERVIEW TOPICS

Aging with Grace: Aging as a Spiritual Practice

What if aging is not simply something to survive, but a path toward wisdom, freedom, and deeper meaning? This conversation explores the emotional, psychological, and spiritual dimensions of aging and the potential of growing older with grace, purpose, and peace.

Navigating Life Shocks

Some moments divide life into 'before' and 'after': illness, divorce, loss, betrayal, burnout, or endings we never chose. Randy explores how difficult transitions can become openings into deeper authenticity, compassion, and transformation.

Active Hope

A conversation about grounded hope during uncertain times—not denial or forced optimism, but a courageous response to uncertainty, change, and emotional exhaustion.

In the Belly of the Whale: The Power of the In-Between

Randy explores the liminal middle stage of life transitions and why meaningful growth often happens there.

WHY AUDIENCES RESPOND TO RANDY

- Warm, thoughtful, conversational presence
- Blends psychology, spirituality, and lived experience
- Offers practical wisdom alongside depth and reflection
- Makes spiritual ideas grounded and accessible
- Resonates deeply with audiences navigating change, healing, aging, reinvention, and meaning
- Comfortable discussing spirituality in an inclusive and welcoming way

IDEAL AUDIENCES

- Personal growth and transformation
- Spirituality and contemplative living
- Life transitions and reinvention
- Emotional resilience and healing
- Meaning and purpose
- Aging and the “third act” of life
- Mindfulness and inner life
- Creativity and authentic self-expression

WEBSITES

InTheBellyOfTheWhale.com

LinkToRandy.com

SOCIAL MEDIA

Facebook Community: facebook.com/groups/inthebellyofthewhale

Facebook Profile: facebook.com/randy.siegel

Substack: inthebellyofthewhale.substack.com

Instagram: instagram.com/rasash18

YouTube Channel: youtube.com/@inthebellyofthewhale

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