



# Notes

Jun 17, 2025

# 9x90™ Features Christel Caputo

Invited christel@evolution.one Adi Soozin

Attachments 📎 9x90™ Features Christel Caputo

🕒 June 17 @ 3PM : Christel Caputo

Meeting records 📄 Transcript 🎧 Recording

## Summary

Christel Caputo recounted the sudden end of her coaching business due to a new law and her subsequent journey to co-found Evolution One with Asil, leading to the development of the Pillars of Light program which aims to train "helpers." Adi Soozin and Christel Caputo discussed navigating the information landscape and the science behind energetic anchoring, while Christel Caputo shared Evolution One's fundraising strategies, the importance of SPA (Silence, Presence, Alignment), and their approach to addressing the lack of a sense of self. Christel Caputo also detailed their team management strategies, leadership style with Adi Soozin, and their long-term vision focused on program engagement over solely relying on donations, providing contact information for further connection.

## Details

- **Sudden Business Loss** Christel Caputo described how her multi-million dollar reinvention coaching business for injured

workers abruptly ended due to a new state law in April 2017 ([00:01:16](#)). She had to inform her clients that her business was no longer viable.

- **Finding Courage to Rebuild** Following the loss of her business, Christel Caputo relied on her yoga and meditation training and the support of her mentor, Rani Arbin. She used the analogy of an usher guiding someone to a new opportunity when their current path ends to illustrate her experience ([00:03:41](#)).
- **Inspiration for Evolution One** Christel Caputo co-founded Evolution One with Asil, who felt their combined energies could serve humanity ([00:05:46](#)). Their first program was Pillars of Light, which evolved from global in-person energy and meditation sessions to an online format during the COVID-19 pandemic ([00:06:57](#)).
- **Pillars of Light Program** The Pillars of Light program aims to develop "helpers" who can remain grounded during chaotic times. The program expanded from initial live streams to a comprehensive training after significant interest ([00:08:00](#)).
- **Navigating the Modern Information Landscape** Adi Soozin and Christel Caputo discussed the overwhelming nature of current news and social media, and the potential for negativity ([00:09:14](#)). They both shared strategies for curating their social media feeds to be more positive and motivational ([00:11:08](#)). Christel Caputo emphasized the importance of understanding one's own reactions to negativity as an opportunity for inner growth ([00:11:54](#)).
- **Fundraising Strategies for Nonprofits** Christel Caputo explained that Evolution One's donors have primarily been program participants who experienced transformation firsthand ([00:13:01](#)). She emphasized the importance of inner work around worthiness and receiving when asking for funds for a mission. The organization also obsessively measures impact through surveys and qualitative stories to build trust with donors ([00:14:14](#)).
- **Becoming an Energetic Anchor** Christel Caputo described an energetic anchor as being a "lighthouse in the storm," training people to lead from inner stillness and alignment ([00:17:40](#)). Through the Earth Keepers and Sacred Earth Expeditions programs,

they intentionally bring high-frequency energy to sites of global trauma ([00:18:47](#)).

- **The Science Behind Energetic Anchoring** Adi Soozin offered a perspective on how the neurochemicals released by individuals in a specific area can impact the environment, including plants, contributing to a perceived difference in energy ([00:19:56](#)). Christel Caputo likened the energetic anchor to the presence and adaptability of big wave surfers in unpredictable conditions ([00:22:00](#)).
- **Practical Steps for Navigating Uncertainty** Christel Caputo shared the foundation of their work: SPA (Silence, Presence, Alignment) as key concepts for navigating life transitions ([00:25:28](#)). Practical techniques include movement, tracking breath, and grounding exercises like feeling one's heartbeat and connection to the earth ([00:26:47](#)).
- **Addressing Lack of Sense of Self** Christel Caputo discussed their Discovery Series, "Aligning Self and Earth," which helps individuals understand themselves as energy bodies with physical, mental, emotional, and spiritual components ([00:29:40](#)). The program encourages alignment of these bodies and connection to life force energy to gain perspective and recognize individuality within a family system ([00:30:52](#)).
- **Time and Team Management Strategies** Christel Caputo outlined their use of standard business tools like monday.com, Slack, and HubSpot, as well as incorporating AI for administrative tasks. Their unique approach includes starting weekly team calls with meditation and pausing projects to recalibrate if the energy feels misaligned ([00:32:08](#)). They emphasize personal energy management as a key aspect of productivity and encourage team members to tend to their inner well-being ([00:33:18](#)).
- **Leadership Style and Team Development** Adi Soozin described their leadership style as more of a coach, addressing insecurity directly and emphasizing learning from failures ([00:34:40](#)). They prioritize developing trusted team members for the long term due to the investment involved in finding reliable individuals ([00:36:30](#)).

- **Long-Term Vision and Engagement** Christel Caputo clarified that while donations are appreciated, their primary goal is to have people experience their programs and remain connected to their ecosystem. They aim to build a sustainable nonprofit structure to focus on their mission of impacting mental health and changing the world ([00:37:24](#)).
- **Connecting with Christel Caputo and Evolution One** Christel Caputo provided ways to connect with her and Evolution One, including her LinkedIn profile and their social media handles on Instagram, Facebook, and YouTube. Links to their programs and contact information will be included in the show notes ([00:38:33](#)).

## Suggested next steps

*No suggested next steps were found for this meeting.*

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# Transcript

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# 9x90™ Features Christel Caputo - Transcript

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