

## MEDIA KIT

# Ed Houston

Spiritual Soul Architect | Founder, EDH Inspired Ideas

Truth isn't taught. It's remembered.

## SHORT BIO

Ed Houston is a Spiritual Soul Architect and founder of EDH Inspired Ideas, a transformational platform guiding individuals through awakening, integration, and self-realization.

After spending over 25 years in corporate leadership and the first half of his life deeply rooted in Christianity and ministry, Ed experienced a profound spiritual awakening that expanded his understanding of truth, love, and the divine.

Rather than rejecting his past, he embraces a powerful realization: Both paths are sacred.

Today, Ed helps others step out of conditioning, reconnect with their inner truth, and move into aligned living through his teachings, his book *Embrace Your Truth*, and his podcast *EDH Inspired Ideas*.

## FULL BIO

Ed Houston is the founder of EDH Inspired Ideas, a spiritual consciousness platform designed to guide individuals through a complete journey of awakening, transformation, and self-realization.

His path bridges structure and expansion — from a 25+ year corporate career to a deeply rooted life in Christianity and ministry, followed by a life-changing spiritual awakening that expanded his understanding of truth beyond traditional frameworks.

Rather than discarding his past, Ed teaches integration: “Both paths are sacred.”

His work is built on a living architecture — a structured yet deeply personal pathway that supports individuals in moving from conditioned identity into authentic expression.

Through his book *Embrace Your Truth: Unleashing the Courage in You*, his podcast *EDH Inspired Ideas (The Whisper Within Series)*, and transformational conversations, Ed creates a space where people feel seen, understood, and empowered to remember who they truly are.

He doesn't position himself as someone who teaches truth — but as someone who helps others reconnect with what has always been within.

## CORE CONVERSATION THEMES

Ed's conversations guide individuals through a living pathway of awakening, integration, and self-realization. He meets audiences where they are — whether just beginning to question their path or actively navigating deep transformation.

- **Awakening to the Inner Voice**  
The Whisper Within — Series
- **Breaking Free from the Past Without Rejecting It**  
Museum vs The Architect's Studio — Series
- **Bridging Faith and Spiritual Expansion**  
Same Vehicle, Different Models — Series
- **Building a Foundation of Divine Self-Love**  
Living the Divine Love — Series
- **Seeing the Divine in Others Without Losing Yourself**  
The Divine Mirror — Series
- **Transmuting Life Experiences into Wisdom**  
The Alchemist's Compass — Series
- **Living with Intention, Legacy, and Sovereignty**  
The Finale Series

**Gateway Practice:** The Sacred Pause — A foundational practice that shifts individuals from reaction to conscious awareness, creating space to choose aligned thoughts, emotions, and actions.

## SAMPLE PODCAST INTRO

“Today’s guest is Ed Houston, a Spiritual Soul Architect and founder of EDH Inspired Ideas. After decades in corporate leadership and ministry, Ed experienced a profound spiritual awakening that expanded his understanding of truth beyond traditional frameworks. He now guides others through a structured yet deeply personal journey of awakening and self-realization — helping them move from conditioning into alignment and authentic expression.”

## THE BOOK

### Embrace Your Truth: Unleashing the Courage in You

A deeply personal and transformational journey exploring spiritual awakening, breaking free from conditioning, reclaiming personal truth, and living with courage and authenticity.

**Available on:** [Amazon \(Print\)](#) | [Audible](#) | [Kindle](#)

## THE PODCAST

### EDH Inspired Ideas

The Whisper Within Series — A reflective and transformational podcast exploring inner awakening, spiritual evolution, identity and truth, and real-life integration of personal transformation.

**Listen & Watch:** [Buzzsprout](#) | [YouTube](#)

## BOOKING & INQUIRIES

For interview requests, podcast appearances, speaking engagements, or collaboration inquiries:

[ed@edhouston.com](mailto:ed@edhouston.com)

Ed personally reviews all inquiries.