

# Albert Clayton Gauden

## Long Bio

Sports figures, actors, royalty, Wall Street executives and people from all walks of life seek the guidance of Albert Clayton Gauden. World-renowned astro-intuitive, author, transpersonal psychologist and founding director of the Sedona Intensive, Gauden has quickly emerged as the face of mainstream self-help and spirituality.

Best-known for his no-nonsense style and direct approach, Gauden helps people crack-open the self-beliefs that constrain them. In his new book, *You're Not Who You Think You Are*, to be published by Simon and Schuster this year, Gauden takes a fearless approach at helping people uncover their authentic selves.

Gauden leaves people with no choice but to un-hook from the defective, mediocre lives they're living. His message is loud and clear, "Wake up from your hypnotic state; Snap out of your half-asleep, half-committed life and become passionately alive!"

Also the author of *Clearing for the Millennium* and *Signs and Wonders—Understanding the Language of God*, Gauden founded the Sedona Intensive, a personal growth and empowerment program to help clients retrieve their authentic selves and tap into their inner power. With thousands of clients worldwide, this signature program creates real transformation in people's lives – allowing them to breakthrough chronic patterns that no longer serve them.

Gauden speaks worldwide on themes such as "*Mr. Right is Usually Mr. Wrong—Falling in Love With Make-Believe*", "*Take Your Power Back*", "*The Power of a Great Idea*", "*the Death of Terror and the Rebirth of Bliss*", "*Why Relationships Don't Work but How They Can*" and other topics.

A native of Monticello, Florida, Gauden was raised in Birmingham, Alabama, where he received a BA from Birmingham-Southern College and attended graduate school at the University of Alabama. Upon graduation, he worked for the American Red Cross at Charleston Air Force Base. The Red Cross chose him as a field representative to travel to Florida to prepare medical supplies and other goods in exchange for American prisoners in the Bay of Pigs debacle. From 1963 – 65, he taught Latin at Woodlawn High School in Birmingham, Alabama and freshman Latin at the University of Alabama in Tuscaloosa.

Before founding the Sedona Intensive 25 years ago, Gauden worked in diverse fields such as advertising, academia, public relations, philanthropy, sales and marketing.

A member of the National Association of Transpersonal Psychology and the American Federation of Astrologers, Gauden coined the term “astroanalysis”—a combination of Jungian psychology and astrology—to describe how he helps free clients from compulsions, addictions and unresolved issues, which keep them from living lives of peace and joy.

From the age of two, Gauden saw things others didn’t and heard what they couldn’t. As a pre-schooler, he was tuned into the rich world of intuition and past lives even though he had no one to shepherd him through these recollections and recalls. At Birmingham-Southern, he connected with the unique psychological work and world of Swiss psychoanalyst, Dr. Carl Jung, and his take on the shadow self. Gauden believes that all-seeing and all-knowing is born within a child, and it is the false and mundane world that erases his memory of what is really true. The integration of the divided self, putting one back together through a conscious fusion with his or her shadow, is the underpinning of his work in the Sedona Intensive.

Gauden studied with renowned astrologist Byrd Knapp, Darrell Harris and Katharine de Jersey, and took awareness classes with Lee Jones at the Spiritualist Church in Los Angeles in the seventies. He attended the Corrado Academy of Perception in 1978 which led to his meeting actor John Travolta using the tools of manifestation learned at the Academy. He sold John El Adobe de Tajiguas, a 35-acre estate, that abutted Ronald Reagan’s ranch near Gaviota Beach in Southern California.

In 1986, Gauden worked with international best-selling author of *The Celestine Prophecy*, James Redfield, in the innovative and one-of-a-kind personal empowerment program, the Sedona Intensive, which Gauden founded in 1982. Gauden was hired to use his gifts as an astro-intuitive to help cast Redfield’s movie of *The Celestine Prophecy*.

Gauden travels the world to teach and speak. In December of 2008, he will be returning with a tour group of clients and friends to the Land of the Nile, Pharaohs, the Great Pyramid of Cheops, the Sphinx and other ancient digs and monuments in Upper and Lower Egypt.

For more information, visit [www.sedonaintensive.com](http://www.sedonaintensive.com), call 800-647-0732 or email: [info@sedonaintensive.com](mailto:info@sedonaintensive.com).