

PRESS & MEDIA KIT

Paul Marshall

Author · Bodywork and Energy Therapist

Author of *Harmonic Being: An
Introspective Journey*

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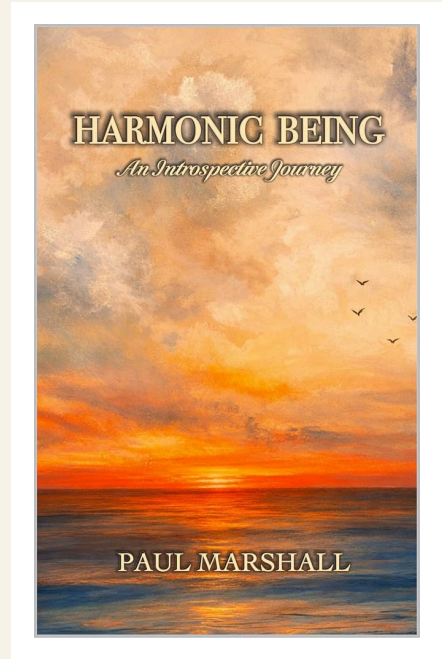
*“Painting and writing begin
in the same place for me: with
close attention to what I see,
what I feel, and what stays
with me.”*

Based in Sitges, on the Mediterranean coast

BIOGRAPHY

Paul Marshall

Paul Marshall writes on spirituality, fundamentalist religion, the esoteric and the human energy field. His work draws on more than 50 years of lived experience within those worlds and 20 years as a biofield energy therapist, blending energy science with esoteric tradition for clients around the world. He practises in Sitges, Spain, and is the author of *Harmonic Being: An Introspective Journey* (Biofield Press). All of Paul's writing is his own. He does not use AI to generate his work.



Cover artwork: original painting by Paul Marshall

THE BOOK

Harmonic Being: An Introspective Journey

First edition · 2026 · Biofield Press

Part memoir and part practical guide, *Harmonic Being: An Introspective Journey* moves through Air, Water, Fire, Earth, and Ether. Paul examines perception, inherited sensitivity, the intelligence of the body, ancestry, anomalous experience, UAPs, and the ways people learn to trust what they have felt but struggled to name.

[VIEW THE BOOK ON AMAZON →](#)

Conversations with Paul

SENSITIVITY & PERCEPTION

What it means to notice differently, how neurodivergence changed Paul's understanding of his life, and why sensitivity need not be treated as a defect.

UAPS & SHARED WITNESS

The three silent lights Paul saw with his father, the importance of a second witness, and the difference between reporting an event and explaining it.

WRITING FROM MEMORY

How Paul shaped personal memory into *Harmonic Being: An Introspective Journey*, balanced certainty with doubt, and wrote about events that do not fit ordinary categories.

PAINTING LIGHT & PLACE

Paul's commissioned landscapes, the Mediterranean coast around Sitges, and the original painting that became his book cover.

SELECTED LINKS

WRITING & SAMPLES

[For editors](#)

AMAZON AUTHOR PAGE

[Author profile](#)

ART PORTFOLIO

[Sitges Artists](#)

REEDSY DISCOVERY

[Read the review](#)

MEDIA USE

The portrait and book-cover image included in this kit may be used in editorial coverage of Paul Marshall and *Harmonic Being: An Introspective Journey*. Please credit "Paul Marshall" for the cover artwork. For interviews, image files, commissions, or further information, contact:

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