



Tessa Lena is a personal development coach, an initiated priestess in the African tradition, and an immigrant New Yorker with a dramatic survivor story.

Tessa's journey toward her spiritual calling has been a unique one. She was born and raised in Moscow during the very end of the Soviet era. Spirituality was illegal. She went to top schools, brought home stellar grades, and everyone expected her to become either a prominent scientist or a distinguished academic. But she was longing for more.

As a teenager in Moscow, she considered becoming a Russian Orthodox nun. As a young adult, she packed her backpack and laptop and went to Tibet all by herself, to deepen her understanding of the culture and work on a PhD thesis in linguistics. After moving to the United States, she stumbled upon African traditional spirituality and found her home. She was formally initiated as an IFA priestess after nearly 20 years of practice.

Like the lives of so many people who take following the call of one's soul seriously, Tessa's life has been unusual and intense. She has traveled the world, done academic research in Tibet, performed her own music at the Moscow Conservatory, took a stint at working in IT at a large company during her early corporate days, written viral articles, fought off a sex trafficker in China, survived an abusive marriage while maintaining her professional career, and even spent a month in immigration detention after being set up by her abusive ex-spouse (yes, she was able to successfully prove her case before the immigration judge, and she is currently a proud U.S. citizen).

In her 30s, Tessa spent several years in the newsroom working with some of the brightest indigenous writers in the country, as well as with some of the classiest people in the "old school" media.

Today, she is on a heart mission to help people like you find their soul home. Using her lived experience of turning trauma and drama into joy, Tessa helps clients tap into their own inner confidence and walk free, the way we were intended to be.

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