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Mimi Novic: From Castles to Deserts — The Treasure Is Always Found Within

📅 October 3, 2025



Author Mimi Novic’s world is one of rare privilege and profound connection, where centuries, old European castles open their doors and Saharan nights unfold over silver tea services beneath the stars. Whether received by titled hosts in their ancestral drawing rooms or welcomed into homes across continents, she returns always to the same quiet revelation: that the greatest luxury is not the beauty witnessed around us, but the space it creates for discovery within.

A Career of Influence

As a bestselling author, psychotherapist, and leading complementary medical expert, Mimi Novic works across continents, weaving together literature, music, and practices that guide people back to themselves. She is also a sought-after guide in private practice, working with well-known and high-profile individuals internationally. Her books and writings are quoted by prominent figures and featured in leading publications including Cosmopolitan, New York Weekly, Good Housekeeping, and Country Living, among many others, reflecting the breadth of her influence.

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Her work unfolds across the world’s most evocative landscapes, from Swiss lakeshores and the peaks of Mont Blanc to the Sinai mountains, the Alps, and the ancient ranges of Central Asia. A respected presence among global leaders and distinguished circles, she hosts exclusive retreats in Monaco, Venice, Cairo, Rome, and New York, where prominent figures, creatives, and internationally recognised personalities convene for profound personal exploration. Yet her wisdom draws from both worlds: ancient healing practices learned from desert nomads, travels along the Silk Road’s timeworn routes, and revelations beneath vast, silent skies where stars outnumber words.

A Global Education

A psychotherapist and teacher in complementary medicine, her approach is built on both rigorous study and timeless tradition. Trained across Switzerland and Europe in therapeutic practices, and grounded in contemporary psychological methods in the UK, she has also travelled extensively to study ancient traditions, acupuncture in remote monasteries, energy work in Egyptian temples, and restorative philosophies preserved in Uzbekistan’s historic centres. These paths have led her to mountain sanctuaries where wisdom has been safeguarded for centuries, and to desert encampments where Bedouin healers share knowledge passed down through generations.

From these diverse sources, East and West, science and tradition, she has developed her own methodology, including the Healing Breath, Peaceful Soul technique, now practiced by specialists worldwide. Her rare position allows her to move seamlessly between worlds: welcomed by royalty and aristocratic families, yet equally at home learning from village elders and nomadic teachers.

Where Elegance Meets Purpose

Whether leading workshops on Chamonix’s alpine slopes, hosting seminars in Switzerland’s lakeside estates, or creating encounters within Europe’s most distinguished residences, Novic designs gatherings where luxury serves a deeper purpose. Her retreats, from Monaco’s grand hotels to carefully appointed desert caravanserais, offer something increasingly rare: space for reflection in a world of noise.

Through her books, workshops, and private sessions, she extends an invitation that transcends setting: to pause, to look inward, and to rediscover what matters most. It is a philosophy she lives as much as teaches, one that finds equal value in a palace salon and beneath an open desert sky.

Encounters That Shape a Practice

Throughout her travels, Novic has been privileged to learn from extraordinary teachers, from mountain sages who share centuries-old wisdom to leading figures in psychology and wellbeing whose work is reshaping contemporary understanding. Many of these encounters, by nature of their depth and discretion, remain private. What emerges from them, however, is woven into everything she creates: her books, her music, her workshops, and her therapeutic approach. Each is designed with a singular purpose, to help others rediscover what lies within.

Art as Gateway

Her meditative compositions are heard in the world’s finest spas, exclusive retreats, and private residences, atmospheres carefully curated for renewal and reflection. Collaborating with world-class musicians, she creates works that weave poetry, melody, and silence into immersive sonic journeys.



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With Grammy-nominated composer David Courtney, she produced Dream House – The Journey; with Carnegie Hall violinist Edmond Fokker, Seven Prayers of Love, both celebrated for their artistry and emotional depth. Each album carries the same intention as her teachings: to restore balance and open pathways to inner discovery.

A Commitment to Service

True luxury, for Novic, includes generosity of spirit. She maintains a long-standing partnership with The King’s Trust, founded by His Majesty King Charles III, contributing materials that inspire young people facing adversity. As an ambassador for KidsOut and Bear Force Charities, she supports children and families in difficult situations, donating books to safe centres across the UK and raising funds through her publications. She also convenes charity gatherings that bring together dignitaries, philanthropists, artists, and cultural leaders in support of causes that offer hope and opportunity to those most in need.

For her, humility remains essential, the quiet foundation of a meaningful life.

An Invitation

What Novic offers, ultimately, is not a destination but a beginning: an invitation to pause, reflect, and awaken to life’s deeper dimensions. Whether in a European palazzo or beneath desert stars, each encounter becomes an opportunity, to connect with others, and most importantly, to reconnect with oneself.

For more information, visit: www.MimiNovic.co.uk (<https://www.miminovic.co.uk/>)

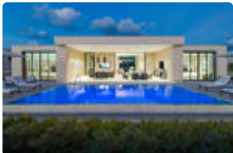
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