

Short Bio for Pilar Audain

Priestess & Healer

Pilar Audain is a healing practitioner, wellness coach, community leader, and advocate for collective well-being with more than 25 years of experience helping individuals and communities heal, reconnect, and thrive. Through trauma-informed practices, ancestral wisdom, mindfulness, guided reflection, and healing-centered facilitation, she creates spaces that support mental, emotional, physical, and spiritual wellness.

Pilar serves as Executive Director of Truth, Racial Healing & Transformation (TRHT) Greater Chicago, where she leads efforts to advance racial healing, strengthen community connections, and cultivate belonging across Chicago. She also serves on Chicago's Reparations Task Force Mental Health & Wellness Committee, helping shape conversations around healing, equity, and community restoration.

A U.S. Navy veteran, former infectious disease epidemiologist with the Chicago Department of Public Health, and former CPS arts vendor, Pilar brings a unique blend of science, spirituality, public health, and community engagement to her work. Her wellness approach is informed by her studies in psychoneuroimmunology, trauma-informed care and holistic well-being, and infuses her own tried-and-true healing modalities influenced by her Caribbean and Creole lineage.

Pilar's work has been featured on platforms including ABFE Harambee, ABC7 Chicago, WGN-TV, WBEZ, WTTW and HGTV. Through her healing practice, Spirit-U-Well Healing, she offers spiritual guidance, wellness coaching, circles, retreats, ceremonies, and workshops designed to help people return to themselves and live more intentionally.

Pilar is a wife, mother, grandmother, godmother, and lifelong practitioner and student of the healing arts who is passionate about helping others cultivate peace, purpose, resilience, and joy.