
PRESS & SPEAKER KIT

Oriah *Hera Mirza*

LADY O

Producer · Host · Author · Speaker

Conscious living. Creative courage.
A personal connection.

ORIAHSNESTSTUDIO.COM/PRESS

ORIAH HERA MIRZA / PRESS & SPEAKER KIT



A creative life, with room for people



Oriah Hera Mirza, known as Lady O, is a producer, host, author and speaker whose work connects conscious living with media and personal spaces. She created Oriah's Nest Studio and founded Oriah's Nest Productions.

She co-hosts and produces The Mystics Podcast with Riz Mirza. Her credits include executive producing Paranormal Roadtrip-East Coast and 86 episodes of Psychic Sundays Live. She is a co-founder and editor of Chakra Cozy Magazine and author of Alien Upgrades and Finding Merlin.

A mother of five, artist and retreat facilitator, Oriah brings warmth, humor and the perspective of someone who has built, parented and begun again. She connects with people through honest conversations about home, creative identity and personal reinvention.

564K

Shared channel subscribers

441K+

Lady O introduction views

86

Psychic Sundays producer episodes

Public counts observed September 27, 2026. Subscribers belong to the shared Mystics channel; views are for one video. Sources: YouTube, IMDb and official biography.

Selected screen credits

Oriah’s Nest Productions

IMDb lists 14 producer titles, 12 director titles and 11 writer titles, each including one upcoming project. These are title counts, not episode totals.

Meta Mystic Podcast-Psychic Sundays Live

Executive producer; creator/writer; director

2023-2024

86 producer episodes; 53 director episodes

Riz & Lady O’s Paranormal Roadtrip-East Coast

Executive producer; director; on-screen host

2024

5 producer episodes; available on Tubi

Riz & Lady O Drop In

Executive producer; creator; director

2024

10 episodes

On Location with Psychic Riz and Lady O

Executive producer; creator; director

2024

2 episodes

The Woman Creator Podcast

Executive producer; creator; director

Upcoming

IMDb lists the project as filming

Selected credits only. IMDb listing checked September 27, 2026; upcoming work is distinct from released work.

Chakra Cozy



Seasonal mystical living

LEADERSHIP

Co-founder, publisher & editor-in-chief, with Riz Mirza.

EDITORIAL WORLD

Conscious living, sanctuary, seasonal rituals, travel and personal reflection.

NATIONAL RETAIL PRESENCE

450+ store locations listed by Chakra Cozy, including Barnes & Noble, Publix and Books-A-Million.

BARNES & NOBLE

Barnes & Noble

Publix

Publix

BAM!
BOOKS-A-MILLION
shop online at booksamillion.com

Books-A-Million

Four seasons of Chakra Cozy



SPRING / BLOOMSPELL



SUMMER / GLOW WILD



FALL / INTO THE MAGIC

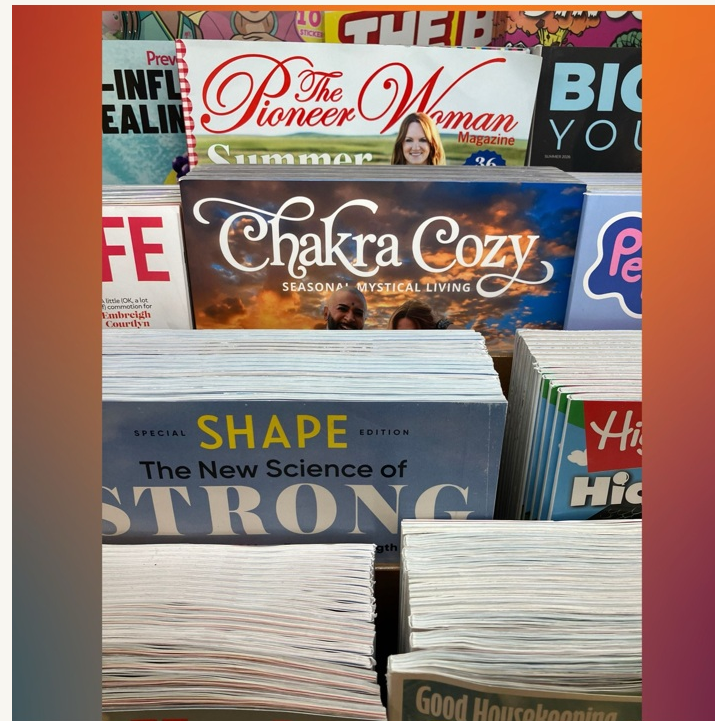


WINTER / DREAMTIME

On the newsstand



The spring issue



Among national titles



The summer issue

Pages worth pausing for



Chakra Cozy in readers' hands

Miami Living



Conscious living, connection and transformation

FEATURED VOICES

Riz & Oriah Mirza

A conversation about their shared creative work, conscious living and the personal experiences behind their public voices.

[Read the Miami Living interview](#)

Zendaya cover edition shown at left. Oriah's online interview is linked separately.

Editorial features & brand imagery

The Glow of Renowned Healer Oriah Mirza and Why Beauty Starts From Within

September 16, 2026 10 minutes



Oriah Mirza has made a name for herself as a respected healer, podcaster, producer, media entrepreneur, and conscious lifestyle designer. For more than two decades, she (alongside partner Riz Mirza) has cultivated a devoted global following across wellness and personal transformation. From her new magazine Chakra Cozy, her hit podcasts Lady O Unfiltered and The Mystics, and her sought after Sacred Earth Retreats, Oriah has made it her mission to bring beauty, love, and light to all whom she encounters. For her, radiance is something that begins within. We wanted to know all about the rituals, mindset, and beauty philosophy behind her youthful glow — and of course, the secrets she swears by.

newyou.com — Private

NEW YOU



Oriah Mirza

Miami Living (ML): Riz, you grew up in the Bronx, and your life hasn't been a conventional path to becoming a trance channel

MIAMI LIVING



ORIAH'S NEST / BRAND IMAGE

Paranormal Roadtrip - East Coast

Riz & Lady O's

CREATIVE ROLES

Creator • Producer • Director • Host

ON-CAMERA PARTNERSHIP

Co-hosted with Riz Mirza

FORMAT

Five-episode paranormal travel series • 2024

PRODUCTION

Red Eagle Universal Inc.



Apple TV



Google Play



Tubi



Prime Video

Linked platform listings. Availability, purchase options and access vary by region.

On screen in 2027



American Paranormal

Guest appearance with Jack Osbourne
Expected 2027

Jack Osbourne: Gage Skidmore / CC BY-SA 2.0 (cropped)

Appearances and expected release year supplied by Oriah Mirza. Release dates are subject to change.

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Rob & Romesh Vs...

Guest appearance
CPL Productions • Sky
Expected 2027

Photo license

Rob & Romesh: Sky publicity

ORIGINAL PROGRAMMING & AUTHORSHIP

Remembering Your Magic

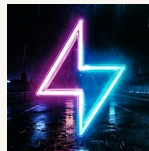
PRODUCER & HOST

Oriah Mirza

An original show with Elysium Media and Spark TV. Release details to be announced.

ELYSIUM
MEDIA

Elysium Media



Spark TV



AUTHOR: Alien Upgrades & Finding Merlin

Alien Upgrades on Amazon



Behind the scenes of Remembering Your Magic



Studio appearances

Strange Conversations

Featured guest

NETWORK

Spark TV



Explore Spark TV

BE WELL / DAILY TALK SHOW

Upcoming in-studio guest expert appearance

Tuesday, November 17, 2026



Conversations Oriah can lead

01

The Sensory Sanctuary

How light, texture, sound and personal meaning can inform a quiet place to decompress, even in a small home.

For design and lifestyle panels, hospitality events, workplace wellbeing talks.

04

Raising Room for Quiet

A mother of five's approach to stillness, imaginative spaces and giving children room to develop their own inner life.

For parenting events, family lifestyle segments, home and education conversations.

Topics and formats are tailored to the audience. Spiritual subjects reflect Oriah's personal experience and practice.

02

Women Who Create

Finding your voice, trusting your creative decisions and building projects across publishing, media and experiences.

For women's leadership summits, founder panels, creative industry conferences.

05

Conscious Media

Lessons from developing podcasts, experiential content and a lifestyle publication while keeping a recognizable creative voice.

For producer panels, publishing events, creator and brand conferences.

03

Sensitivity & Self-Trust

A coach's perspective on noticing overwhelm, expressing needs and making everyday choices that honor sensitivity.

For personal development panels, women's retreats, conscious living podcasts.

06

Modern Mysticism

Her books, spiritual practice and experiencer story, with open conversation about meaning, intuition and everyday life.

For consciousness conferences, spiritual retreats, metaphysical podcasts.

A presence that feels personal



Los Angeles, New York and worldwide inquiries welcome. Travel, scope and fees confirmed individually.

ORIAH HERA MIRZA / PRESS & SPEAKER KIT

Keynotes & company conversations

Creative confidence, reinvention and making space for quiet. Tailored talks and fireside conversations for your audience.

Panels & moderation

Women's leadership, conscious media, design, parenting or spiritual exploration, with a host's curiosity and a producer's sense of pace.

Television & podcast appearances

Guest interviews, lifestyle segments and on-camera hosting about sanctuary design, conscious living and the creative process.

Retreats & intimate groups

Facilitated conversations, sanctuary workshops and personal reflection. DJ Lady O music and movement experiences by arrangement.

A sanctuary of your own

Private clients & personal spaces

Oriah helps individuals and families bring warmth, texture and personal meaning into the spaces where they live. A quiet corner can be the beginning.

Virtual creative direction

Personalized ideas for one room or zone, with a scope shaped around your needs.

In-home sanctuary design

A more involved collaboration for rooms, homes and bespoke environments. Project scope and costs are agreed before booking.

Explore services and current pricing



Oriah's Nest sanctuary concept

Her voice, in her own words

Solo conversations and live audience Q&A about home, sensitivity, creative identity and spiritual experience. Candid, personal and often humorous.



Lady O Unfiltered: The introduction

441,438 views · 3:38

August 4, 2026

[Watch on YouTube](#)



Creating a safe sanctuary at home

110,138 views · 1:00:40

August 7, 2026

[Watch on YouTube](#)



Empaths: Heal Yourself — Live Chat

105,320 views · 1:38:50

September 5, 2026

[Watch on YouTube](#)

Selected high-view introduction and recent solo episodes. Public view counts observed September 27, 2026; counts change.

Co-host, producer and DJ

The Mystics Podcast pairs Oriah and Riz Mirza in an unscripted conversation about spirituality and everyday life, with humor and audience interaction.



The Mystics Podcast: Episode 86

1,034 views · 1:35:07

September 15, 2026

[Watch on YouTube](#)



Ecstatic Shamanic Dance with DJ Lady O

252,168 views · 1:11:11

May 25, 2024

[Watch on YouTube](#)

Executive producer & on-screen host

A five-episode paranormal travel series, available on Tubi.

Paranormal Roadtrip: Official trailer

40,067 views · 2:28

August 27, 2024

[Watch on YouTube](#)

Episode 86: latest shared livestream checked September 27, 2026. Other clips show music facilitation and screen production. Counts observed the same day.

In conversation with Oriah

GUEST APPEARANCES

FOX 5 San Diego & KUSI / Impact+

A sponsored interview on bringing conscious living into the mainstream through Chakra Cozy.

May 14, 2026 · Watch the sponsored segment

Founder's Club with Dez DeCosta

Conscious living, launching Chakra Cozy, creative setbacks and raising confident children.

April 20, 2026 · Listen to episode 62

Acid for Squares

A long-form guest interview about her personal experiential story and spiritual reinvention.

October 21, 2025 · Watch episode 64

Closer to Venus

An author interview exploring the personal story behind Alien Upgrades.

November 5, 2021 · Listen to episode 49

SELECTED PRESS

NEW YOU

A profile and interview on conscious living, personal rituals and her creative work.

September 16, 2026 · Read the feature

Miami Living

A conversation about home, human connection and the philosophy behind Oriah's Nest.

September 2026 · Read the feature

Lapalme Magazine

An interview covering the podcast format, sanctuary design and Chakra Cozy.

August 11, 2026 · Read the feature

On camera & in detail

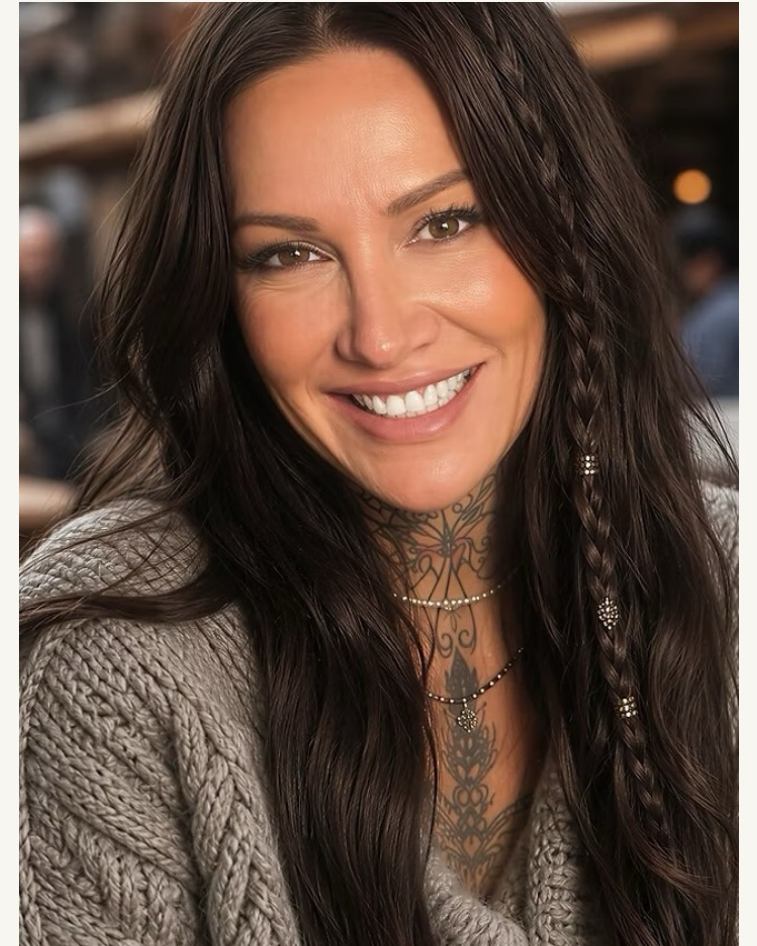


Behind the scenes / Remembering Your Magic



Portrait detail

A personal connection



Invite Oria

For your company, retreat,
production or personal space

Share your audience, topic, date, location or virtual format, and budget. Her team will help shape the right conversation.

SPEAKING, PRODUCTION & PRESS

oriah@chakracozy.com

All booking and media inquiries welcome.

oriahsneststudio.com/press

SHORT INTRODUCTION

Oria Hera Mirza, known as Lady O, is a producer, speaker, author and conscious spatial designer. She co-hosts The Mystics Podcast and created Oria's Nest Studio. A mother of five, she brings warmth, candor and lived experience to conversations about home, creative leadership and personal reinvention.

Instagram: [@oriahmirza](https://www.instagram.com/oriahmirza)

Sources & audience figures

Official biography

Personal history, books and creative practice.

Oriah's Nest Productions

Company, roles and screen work.

IMDb filmography

Credits and episode counts; one upcoming title included in each category total.

The Mystics YouTube channel

564K subscribers displayed on the shared channel.

Lady O introduction

441,438 views; published August 4, 2026.

Sanctuary episode

110,138 views; published August 7, 2026.

Empaths livestream

105,320 views; published September 5, 2026.

The Mystics Podcast 86

1,034 views; published September 15, 2026.

DJ Lady O dance

252,168 views; published May 25, 2024.

Paranormal Roadtrip trailer

40,067 views; published August 27, 2024.

Paranormal Roadtrip on Tubi

Five episodes; 2024 series listing.

Booking and personal services

Current inquiry process and sanctuary service details.

All audience figures observed September 27, 2026. Views are public video totals, not unique reach; no cross-platform total is implied. Media and guest links appear throughout this kit. Click linked titles or images throughout this kit.