

WELCOME

There is a space within each of us that is beyond suffering and filled with an overwhelming force of love – you don't have to be a monk to access it. It sounds lofty but it is true. I don't want you to take what I say on faith – I want you to experience it for yourself.

Since healing myself from a debilitating illness after college, I have been searching for, practicing, and developing practical tools that we can all use to help improve the quality of our lives.

I've spent over 15 years teaching wisdom traditions and over 10 years in the advanced education of mindfulness practices. I teach how to have a deep spiritual connection with yourself and with something greater. I change lives.

True peace and contentment comes from the wisdom we learn from our experiences. We arrive at wisdom through suffering but beyond wisdom is pure consciousness, peace, and love.

I believe wisdom is fun! Wisdom means we've moved through suffering to understanding. Wisdom means we've participated in healing ourselves. Wisdom means we've learned a lesson.

I practice what I teach every day and love sharing what I learn.

Some call what I do mindfulness... some call it healing... some call it a spiritual practice... whatever the label, the goal is to show you how to touch the purest part of yourself to experience true bliss.

You deserve it.



WISDOM
IS FUN

with *Trina*

wisdomisfun.com