

'The Living Tree of Light'

*Transformation and Healing through love, loss, compassion and resilience
our conversation begins...*

What are you presently experiencing in your life: physically, emotionally, cognitively, behaviorally, socially and spiritually? What strengths empower you and help you work through challenges?



Age ~ Losses
and Transitions

80

70

60

50

40

30

20

10



Foundational 'Roots' ~ Describe what you feel and think about your core 'light.' What is your earliest positive memory? How is your 'light' expressed in your life? What has expanded and/or constricted your 'light?'

*Born a sacred
being of light*