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Living a deeply satisfying life is something that is real and attainable. Happy, satisfied people don't live drowning in busyness and stress. They've found a solution and it's not beyond everyone's reach.

Years ago, I was a very successful but not terribly satisfied executive. Now I help people understand the dynamics of how our minds work. With the right tools, our chaotic, challenging environments can transform into spaces where we can work creatively and successfully without losing balance or our true natures.



I first studied meditation when I was 18. Since then I've practiced and studied many practices for calming with many wise teachers from all over the world. I expanded my studies into wellness, healing, music, fine art and other alternative therapies.

We live in a chaotic world but we can thrive by learning how to expand our awareness within. I help clients as a wellness coach, meditation teacher, master healer, sound therapist, musician and a licensed massage therapist. I find the variety of tools of great value in seeking to bring resources to a stressful world that can help each individual learn to coach and support themselves.

Education

Meditation study began 1972
Akron University- Mechanical Engineering 1975
Kent State University- graphic design/fine art 1989
Energy healing and bodywork training began 1992
Licensed massage therapist state of Ohio 2006
Education continues today thru private study, workshops, reading and daily work with clients

Work history

Consulting practice 1990 to present as teacher, speaker, trainer, coach, healer, artist
Fine art and design 1990-present
Energy healer, sound therapist and body worker 1994-present