



Spiritual Insight Sessions

Do you want to know yourself in the present moment? Do you have a flame for knowing the deeper truth of who you are? Are you curious about what it means to be human? To be yourself?

Spiritual Insight Sessions are 55 minute sessions where you

- Explore your present moment experience
- Learn the practice of spiritual inquiry
- Learn grounding practices to support your presence
- Use breath work to support your soul's unfolding
- Come into intimate contact with yourself

We will meet for 10 sessions, approximately 3 weeks apart. These sessions are part of my seminary training to become a [Diamond Approach](#) Teacher/Minister.

If you are interested, please [email](#) and we'll schedule a time to talk so I can tell you more about the application process. I have 2 slots open for people local to the greater Boston area as hopefully we will be able to meet in person later this year.