

WHOLLY INNER TRINITY (W.I.T.)

Connecting & Communing with your 3 essential Selves
Mind (ego/personality), Heart (inner child) & Soul (higher Self)

Is there a part of you that makes commitments and doesn't keep them?
Are you stuck in unhealthy habits that limit you and your dreams?
Is your inner critic keeping your heart's desires at bay?
Do you ever feel lonely, confused or afraid?

We were each born healthy, happy and whole.
As we grow we learn to fragment parts of ourself to survive.
In our culture, there is a strong focus on mind and body.
Too often, heart and soul are misunderstood and neglected.

Now is the time to come together in Mind, Heart and Soul.
These three essential parts of Self hold powerful keys
to your freedom, vitality, creativity, connection and joy.
Join me and re-member your Wholeness again.

Saturday, April 19, 2025
12:30-2:00pm

Spirit of Women
Spiritual Center of the Desert
Palm Desert, Ca

Facilitated by Teri Jo Wheeler
terijowheeler.com

"You have no need to travel anywhere. Journey within yourself,
enter a mine of rubies and bathe in the splendor of your own light."
–Rumi