

Trilogy of Life

The trilogy of Body, Mind and Spirit is like a three legged stool. Each leg of the stool must be the exact length, in order for balance to take place.

So it goes with us as individuals. If we spend excessive time on the Body then we must borrow a little time from the Mind and Spirit in order to accomplish on tasks.

Our lives become **Un-Balanced. Out of Sync.**

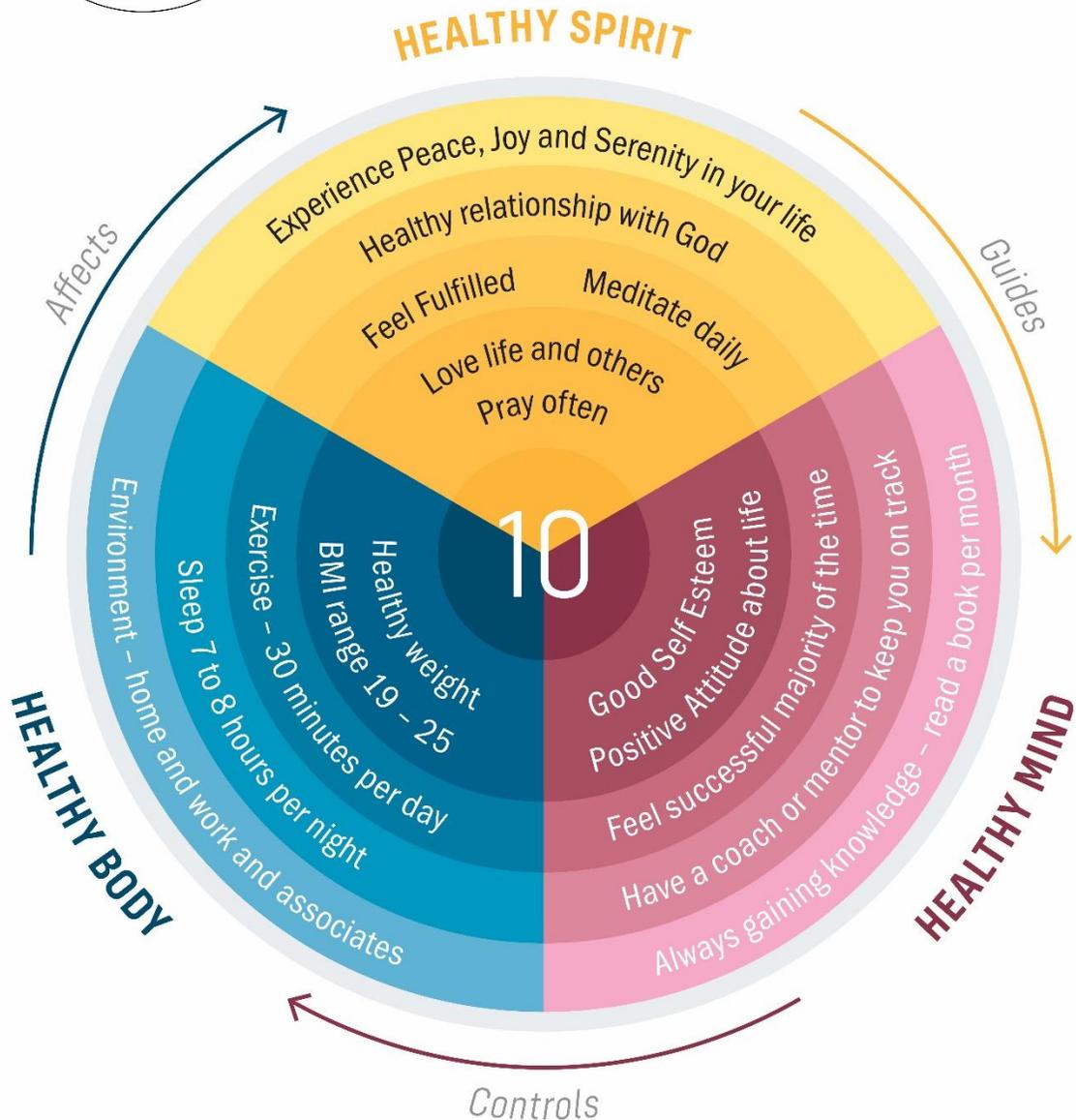


Do you have a solid base under you (Body, Mind and Spirit) or are you living life on a TILT, a little lopsided?

Together (with Balance in my LIFE) i Can!

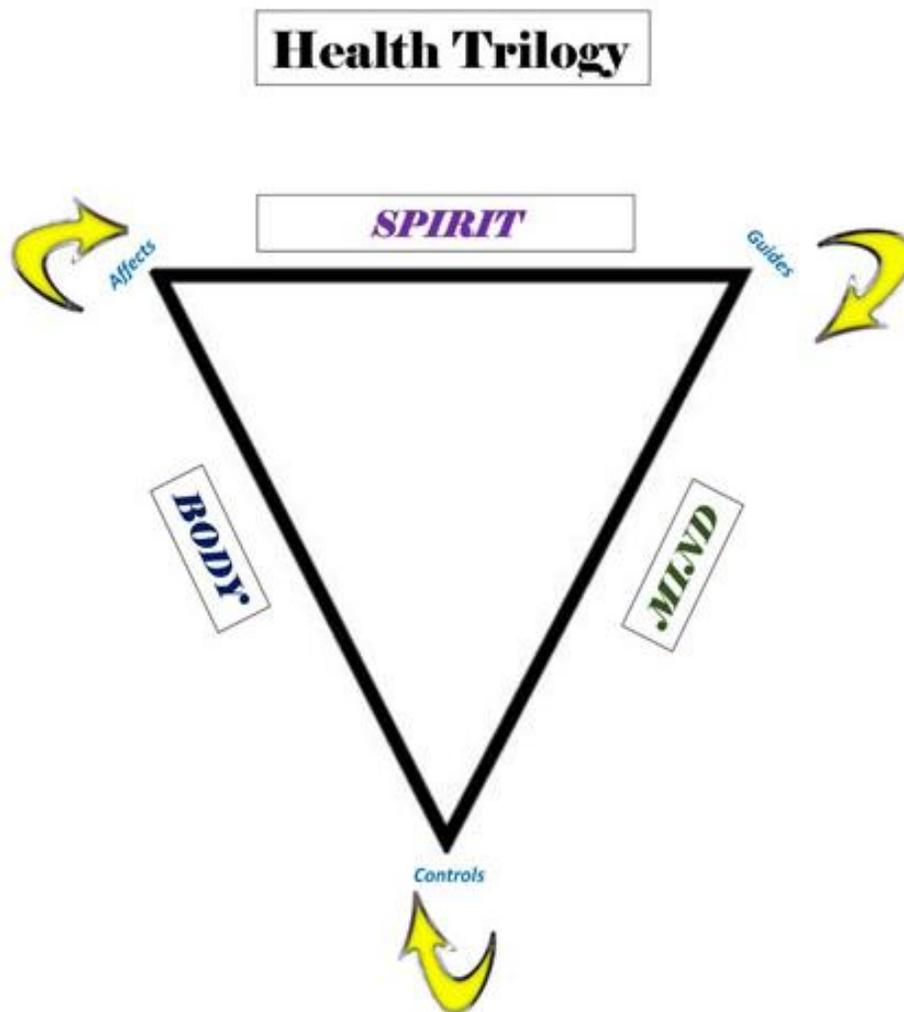


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As a Certified Health Coach and a Holistic Health Practitioner I can assist in bringing that balance back into people's lives.



***Trilogy of Life – (for man) and (for God)
How it applies to our lives!***

It can be described as The ***Law of Trinity*** – The ***Law of Life*** – in order to be perfected it is required that the Spirit – Mind – Body – be in harmonious balance within our being. – where each one-third of the triangle must be equal in order for synchronicity and harmony to exist. Perfecting one side of the Trinity at the expense of any other side will add discord into one's life.