

# Mentoring Group



Mentoring Group begins as an introductory course to the Universal Laws through the path of healing and awakening. It was created and facilitated by Triné and her staff. Mentoring Group has become a framework to help thousands of clients break through limiting beliefs and thoughts as they immerse themselves in Universal Law. By using these powerful tools and techniques created by Triné, her clients have experienced joy, health, inner peace, and prosperity in both personal and professional life.

Through this course, you will take action to rediscover your authentic self while healing the unconscious fears and limiting beliefs that keep you stuck and feeling unfulfilled. We will explore the way perception affects your experience of self, others, and the world. This course is a unique opportunity to address your beliefs and transform the very mechanism that determines your experience, habits, and the way you relationship.

This course explores some of the most fundamental questions about the process of revealing your authentic self through guided meditations, group work, in-depth pair exercises, lots of practical information, and tools to use in your day-to-day life. This is extraordinary experience pulling on the strength of the group to weave an inspirational community. The group interaction supports your individual growth.

We will focus on the Universal Laws and Principles which govern the energy of your life experience. The Universe is governed by these laws. Every major religion is based on this ancient wisdom. By understanding and applying the Universal Laws you will experience transformation in every area of your life. Miracles and blessings will unfold in every aspect of your life when you consciously align and harmonize with the Universal Laws.

## In this course you will:

- Heal old wounds, let go of expectation, and learn to live in expectancy.
- Rediscover who you really are and connect to your heart's deepest desires.
- Deepen your divine connection and learn to live and enjoy the present moment.
- Integrate the Universal Laws in your life to fulfill your heart's deepest desires with ease and grace.



# TESTIMONIES



*“The tools and mind-set Triné taught me to perfect have taken me to a completely new point in my life. I can now prepare and love each day with the knowledge that “Life is Love.” She taught me that in order to change my life I need to change what I feel, and to change what I feel I need to change the way I think. Now, I feel at peace, (or know how to get there), no matter what is going on. My life opens up in front of me wonderfully and I have learned that even the struggles are a gift.”*

*“Group Mentoring teaches (and heals) on many levels. Triné teaches active listening by example during group mentoring as she teaches basic concepts and moves each student at their own pace. The student’s ability to listen to their body, intuition, and others also increases. Private sessions with Triné have changed my life... joining the mentoring group has taken me to a new level as I learn to process and receive information in new ways.”*

*“Through this process I learned to trust in divine timing. This group helped me to move through my deepest fear. Without this group and my teachers I wouldn’t be able to pull through. Every experience is supporting me to grow and find peace. I finally feel free to be truly who I am. I am grateful to be part of this sacred circle. Thank you Triné for showing me how to love and forgive myself.”*

**The first group session will be held the week of February 17.** Groups will meet one time every week for 90 minutes, over a period of 6 months. Cost is \$75 per week.

**Please let Denise know if you are able to be part of this group within the next week.** You may respond to this email or call/text (757) 491-6500. Be sure to indicate the times you are available to attend.

I look forward to working with you!

Triné

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**Select two times you are available to attend Group Mentoring weekly.**

**Email your first choice and second choice.**

**Group Offerings:**

Wednesday: 10:00 AM – 11:30 AM

12:00 PM – 1:30 PM

Thursday: 2:00 PM – 3:30 PM

7:00 PM – 8:30 PM

Friday: 2:00 PM – 3:30 PM