
Wholeness Practices

Enneagram

Laughter Yoga

Collage

Poetry

Meditation

Sacred Feminine

Chanting & Singing

Spiritual Mentoring

Women's Spiritual Practices

Interfaith Ritual & Ceremony

Embodied Movement & Dance

Retreats—Individual & Group

Workshops & Presentations



Feedback

“Thanks, Katy! Lots of resources out there, and you are one of the best! I was so happy to be with you, and felt so accepted and heard! I had done a lot of processing already, but hearing your words validated a LOT!”

“I have to tell you how often I think of you with so much gratitude!! I have been working so much with the things we have talked about and drawing from teachings from the Enneagram and a lot from Eckhart Tolle's work and I feel like things have opened up so much for me.”

“Katy, you helped me immensely. I love irony and even getting my consciousness ‘tweaked!’ You brought the necessity of having my gut work a little harder while I'm thinking how to breathe ...imagine that...thinking how to breathe! Just breathe, Nicole, and what sensations come?”

Nourishing Wholeness

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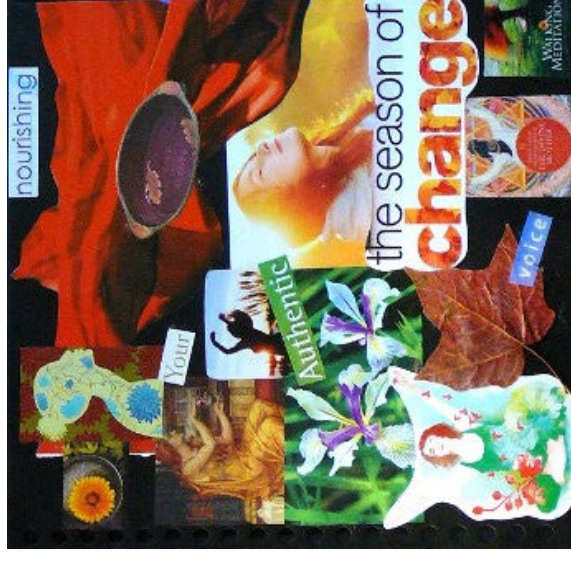
Meetup: [http://www.meetup.com/Nourishing-](http://www.meetup.com/Nourishing-Wholeness-through-Practice/)

[Wholeness-through-Practice/](http://www.katytaylor.wordpress.com)

blog: <http://www.katytaylor.wordpress.com>



Nourishing Wholeness



Come home to your authentic self.

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What does it mean to nourish your wholeness?

We all know what it's like to be filled with joy, to receive a flash of exquisite clarity, or to feel deep, sweet love.

What if it were possible to experience such moments more often? What if these qualities were actually part of our birthright, part and parcel of what makes us human?



Reverend Katy laughing at a wedding

"Tell me, what is it you plan to do with your one wild and precious life?" - Mary Oliver

As a Wholeness Mentor, I like to have a full pantry stocked with a wealth of ingredients to help you get more in touch with your own inner wholeness. From this place of natural presence, you have more access to your inner joy, clarity, love, aliveness, wisdom, ease, gratefulness, and more... You come home to your authentic self.

Orientation and Practice

We don't lose track of our deepest self or get stressed on purpose! It's actually a painful place to live, feeling out of touch with, or too busy for, ourselves—and that's why it's so important to treat ourselves with love and understanding.

I will help you get in touch with what you love, what you desire, and how you want to live your life. Then we'll talk about practices to help you discover and nourish all parts of yourself so that your desires and your life come into more alignment.

The orientation I encourage you to cultivate is of accepting and allowing whatever arises, of being nonjudgmental and kind with yourself, and of being curious and interested in your process. The practices we take on are not to "fix" you, but to help you nourish and get to know less developed parts of yourself. Welcoming yourself in this way is a process of coming home and restoring your original wholeness.

Schedule a free 30-minute consult to see if working with me is the right fit!

Who is Katy?

Being a serious, responsible, and stressed person most of my life, I've long known that I needed to open to other sides of myself, and have been involved in many different paths and practices. In the last five years or so, I have learned to listen carefully to my bodysoul, and have finally learned to slow down, to turn inward, to prioritize pleasure and self-care, to rest...

My many years of spiritual practice have helped me on this journey of physical and psycho-spiritual healing. I am so grateful to be living a more fulfilling and presence-filled life, to be truly savoring and enjoying my life every day.

I'd like to help you to do this, too.

My Background...

Riso-Hudson Certified and Authorized Enneagram Teacher
Ordained Interfaith Minister
Certified Laughter Yoga Leader
Resonant Kinesiology Practitioner
BA in Performing Arts: Music
Diamond Approach Student
Body-Mind Psychotherapy Student
Lifelong singer, dancer, seeker