

About the Teacher:

Rev. Trinity Ordona, Ph.D.



Trinity

I am pleased to offer a new self-healing program for survivors of trauma, violence or sexual abuse, **“Self-Healing through Meditation and Guided Imagery.”**

My workshops are especially helpful to people in current crisis: *Your life is falling apart or you feel lost, unconnected. Or you’ve been trying to deal with “it” for years and haven’t gotten out of “it.” In other words, you are in the “rabbit hole” (i.e. “Alice in Wonderland,” where you are too small, too big or the Red Queen is trying to chop off your head!)*

If I am describing you, my Self-Healing Meditation Program may help. I am an incest, rape and cult survivor. After many years of psychotherapy, I was functional and “holding it together” but at an internal plateau. I wanted more. I wanted to feel alive inside, be at peace within and do what I was meant to do on Earth. So I started meditation, psychic arts and other alternative healing therapies. Over the past 10 years, these experiences coalesced into my own self-healing practice that draws on Hindu chakra therapy, Buddhist

meditation as well as applied kinesiology, visualization, guided imagery and psychic healing techniques from the West. Since 2003, I have been teaching these methods to “let go” of pent up old emotions through simple energy grounding, centering and clearing techniques. In my sessions, I share what has worked for me in my own self-healing work, teach you these simple techniques and practice them with you as you heal yourself. By using these methods, I believe you too can hear your own Inner Voice from that safe space within, find your own self-healing path and develop an approach that works for you.

EDUCATION, TRAINING, EXPERIENCE:

Dr. Ordona received her doctorate in History of Consciousness, UC Santa Cruz (2000) and completed a postdoctoral research program in Health Policy Studies at UC San Francisco where she trained in lesbian health research and served as the UCSF Associate Director of the Lesbian Health & Research Center from 2002-04. Trinity currently teaches classes on lesbian relationships and queer communities of color at City College of San Francisco and is the founder of Healing for Change, a student club promoting healing opportunities for survivors of abuse and violence campus community and public at large. Trinity has spoken widely to local, national and international audiences on race, ethnicity and health and taught various undergraduate and graduate courses and classes on these topics at San Francisco State University, John F. Kennedy University and the California Institute for Integral Studies.

Lastly, Trinity has been in a committed lesbian partnership for 20 years and has a 40-year history of civil rights activism in people of color and queer communities in national and international arenas and has received several awards for her organizing efforts. In 2008, Trinity was named among the “20 Most Influential Lesbian Professors” by *Curve Magazine*, the leading national lesbian monthly publication in the U.S.