



Circle

Represents “whole and complete”.



Triangle

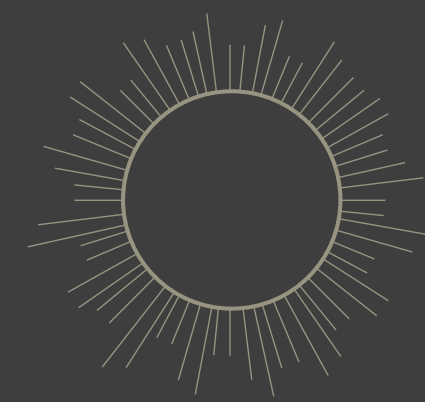
Symbolizes Mind, Body & Spirit.
Also represents “finding your north”,
your center.



Triangle & Circle

Together they form a compass,
to guide one’s inner journey into self-
awareness and transformation.

Learn to
hope,
live &
love



Sunburst

Symbolizes our solving
capacity to illuminate
clarity in shadowy fog of
confusion, much like a burst of sunlight
through broken clouds. It signifies our
intrinsic state of brilliance, strength and
joy shining through our struggles. Its rays
of inner-light for inner-sight accompany
us in the pursuit of self-awareness.

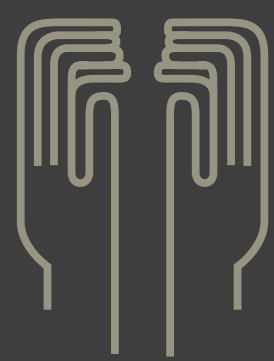
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Brian Nandy Founder

COUNSELING

We are what we
repeated; y feel,
believe and think.

The goal of counseling is to
respectfully understand
the meaning to our rituals and
habitual attachments. It will
help us discover reparative
strengths, that soothes our
deprivations and propel change.

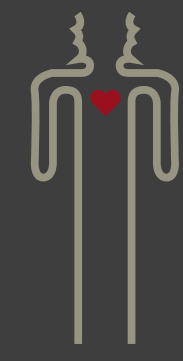


Hands

Represents the courage to reach
out and to reach within. The
significance of a human touch
when embracing and the nurturing holding
experience of giving and receiving. These
hands also resemble a labyrinth, a journey
of an unknown beginning and an unimagi-
nable ending toward self discovery.



Nourish your mind,
body, heart and spirit



Human

Humanity guided by the
soul and embraced by
fellow human beings.

We are here to assist you
in your process of
healing and learning
to hope with resilience,
to live with optimism
and trusting love to guide
a guarded heart.