

FERNANDO RUIZ



- Motivational Speaker & Meditation Teacher -

- CONTACT -

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TRUHOPE.BLOG

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- ACHIEVMENTS -

MAT CASE MANAGER
MOTIVATIONAL SPEAKER
MEDITATION TEACHER

AUTHOR OF A MEDITATION
JOURNAL(TRUHOPE)
&
SELF-HELP BOOK(ADDICTIONS,
PRAYERS & TRUHOPE).

- ABOUT ME -

SELF-INQUIRY PRACTITIONER
I LIVE THIS AND TEACH THIS
MEDITATION TO DEVELOP...

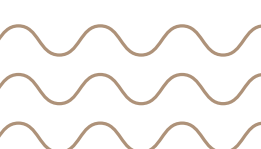
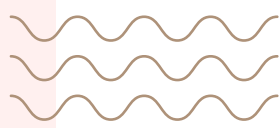
MENTAL AWARENESS:
ENHANCE CONCENTRATION
CREATE A PEACEFUL &
BALANCED MIND

EMOTIONAL HEALTH & WELLNESS:
PROCESS EMOTIONS
REDUCE DEPRESSION

PHYSICAL HEALTH:
REDUCE STRESS
CURVE FOOD CRAVINGS &
ADDICTIONS(BAD HABITS)

4 DISCIPLINES THAT TRANSFORM
BODY, MIND & SPIRIT.

- TAKING RESPONSIBILITY
- BECOMING PRESENT
- MEDITATION
- LEARNING THE ART OF FORGIVENESS/LETTING GO



"TURN YOUR TRAGEDIES INTO TRIUMPHS"