



*Welcome to **Inner Splendor:***

Discovering Your Essential Self

*With **JUDY CARDOZA***

Counseling, Coaching and Spiritual Development

We come into relationship with our Inner Splendor by developing our ability to BE Present.

The art of sacred listening and conversing is the secret to all our successful encounters with others – and to our deep enjoyment of Life. That beginsWithin Us.

You are invited to Great Conversations with YOU!



Judy offers processes and tools for coming to know your own Guidance System, to trust it, and to use it in daily life. In individual or small group sessions, she facilitates your direct contact with your own inner resources, your own ways of knowing and the splendor of your essential nature.

This work is open to anyone who is eager and willing to engage the inquiry : Who Am I, really? And What is My Bliss? It is of benefit on any spiritual journey and is not tied to any particular religious system. Clients find working with Judy is helpful in transition times and for ongoing study and self-development.

...and More

Ceremonies

Our lives unfold in great and small events. Ceremonies celebrate turning points and significant changes and mark these events in order to honor what went before ... and prepare for what will now come after.

Judy will meet with you to create a unique ceremony for your Life Passage : a wedding that welcomes your families and friends and establishes the vision for your partnership -- a funeral that comforts and celebrates an important life journey -- a house blessing, naming, baptism, birthday, retirement or other major event that is a new beginning for you. Judy is an ordained minister with inter-faith and cross-cultural experience. She brings both a sense of the sacred and an appreciation of the great joy of living to these occasions.



"After meeting with the two of us, Judy crafted a wedding ceremony that was deeply personal and meaningful to the two of us. On the day of the wedding, she created an atmosphere that was welcoming to our guests and that put us at ease." D. T. N., San Mateo, CA

Retreats

The purpose of retreats of any kind is to arrive at a different place to gain perspective on the present circumstances of life. This "new place" may be a physical setting away from the daily buzz ... or a change of mind and heart that brings clarity and inspiration.

The retreat you choose can be private or designed for your work group or any community of affinity. Judy will consult with you about the setting and content to meet your intentions. Some of the tools and skills she brings are: meditation instructions, Enneagram applications, yoga, breath practices, Sufi perspectives, guided imagery, toning, creative dialog, and self-assessment processes.

As it offers this new look at life, the retreat experience reveals more choices and expands awareness.

"Judy led an Enneagram-based church leadership retreat for us. We not only got to know each other "by number" – we explored where the church itself was in the Enneagram cycle." B.B., Santa Fe, NM



Retreats are Invitations to Bridge your Inner and Outer Worlds

About Judy Cardoza

Judy has a private practice in spiritual counseling and life coaching in New Mexico and California. As an ordained minister affiliated with the Divine Science Federation International, she officiates at life passages and celebration ceremonies and has served on a variety of inter-faith adult spirituality development programs. She is a certified Enneagram teacher, a practitioner of Reiki and Yoga, and has been engaged in Sufi studies for over two decades. She is a member of Spiritual Directors International and the International Enneagram Association. Judy's deep interest in the world's Wisdom Traditions and in the practical application of spiritual teachings to illuminate and enhance daily life encourages clients to discover and develop their own rich wisdom and splendor.

Contact

You may contact Judy through this website email address or telephone.

judy@explorationsofenneagram.com or 1-877-397-0222
