



If we can excel at a job that we hate, **IMAGINE** what we're able to **manifest** doing things that we truly **Love**.



My Main Goal:

HELPING YOU COMMUNICATE TO YOUR AUDIENCE CLEARLY & EFFECTIVELY by creating compelling images & designs for your print or online needs

My Strengths:

- ★ I love to solve problems - even when others say it can't be done.
- ★ My curiosity makes me collect things, read voraciously & explore unique places.
- ★ I can feel people deeply & understand their true underlying emotions.
- ★ I believe we're all connected with a purpose & that things happen for a reason.
- ★ I naturally bring a vibrant life to words which can captivate listeners.

A Typical Day:

1. Meditation, yoga & qigong, outdoor physical activity in nature
2. Researching Internet marketing, brainstorming & building websites
3. Making collages, writing poems, designing books & numerology reports
4. Preparing healthy meals, completing chores, watching videos & studying

Freelance Work:

Aug 2019-present
CoolSensors.com
graphic/web design, host/maintenance

Mar-Sept 2019
OrchardArtCollective.com
graphic/web design

Mar 2018-present
Mihwa.Cool
design, art, poems, numerology reports

June-Aug 2016
FarmAndWilderness.org
graphic design - online maps of camps

Dec 2014-present
Constellate.Global
graphic/web design, host/maintenance

Sept 2012-present
RegardingIndia.com
graphic/web design, host/maintenance

Online Education:

Sept 2019
Robert Ohotto's Reflections Parallel Boundaries & the Intuitive Heart course

Mar 2017-present
Marie Forleo's B-School
Internet Marketing Training Program

Dec 2016-present
Caroline Myss' Sacred Contracts
Archetypal Symbolism SD courses

Formal Education:

May 2000-Apr 2001
San Francisco State University
CEL Multimedia Studies Program

Sept 1993-Aug 1997
Pennsylvania State University
B.A. in Liberal Arts, Sociology Major

Personal Development:

Apr 2017
Dhamma Delaware Vipassana
10-Day Silent Meditation

Sept-Oct 2016
Zen Mountain Monastery
1-Month Residential Retreat w/sesshin

Volunteer Work:

Nov 2015-Mar 2016
Awbury Arboretum
gardening for pollinator habitat

Nov 2014-2016
West Mount Airy Neighbors
tree planting, weeding, mulching

Aug-Nov 2013
Royal Body Guard Pre-School
teacher aide, graphic design, prepress