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Trinity Approach for Wholistic Wellness



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And we're off...

- Who are we?
- What is Trinity Approach?
 - Healing and growth techniques that can be applied to our lives
 - Mind – Spirit - Body
- Left Brain vs Right Brain
- We *LEARN* so we

can *REMEMBER* that which

we already *KNOW*



Perception

- Perception exercise
- ***YOUR*** perception is ***YOUR*** reality
- How we PERCEIVE is how we CONCEIVE
- Clean your spectacles!



Direction

- Look where you want to go
- The 'blue' Genes
- Be specific!
- KNOW your destination
 - Energy follows thought
 - Picture it
 - Template it
- Veering vs. Steering
- FEEL-istic makes REAL-istic



Healing

- Varying degrees of healing
 - What is healing?
 - Miraculous perfection - 100% healed
 - Mind/spirit/body healing alignment
 - Peace and release
- You are as well as where you dwell
 - Seek, ask, and knock
 - Surrender to the timing
 - Create it, state it, and liberate it



Presence

- “Usedta’s” and the “Willbe’s”
 - Have BEEN
 - Am BEING
 - Willing to BE
- Time travel



Judgment

- Who's right?
 - What you say you are, you are
 - What I say you are, you are
 - What I say I am, I am
 - The truth I choose
- Self and others



Trust

- In whom do you trust?
- Self-love and forgiveness



Karma

- What is Karma?
- What ELSE is Karma - Wholeness
- Time spent in others issues is time spent not in yours
- Comparative Imbalance
- (magazines and reality TV)



Putting these tools to use

- The Gambler – Recurrence
- Acknowledge what you feel (R) vs what you think (L)
- Once on the healing path, the growth begins
- The four wheels of fitness
- Guidance
 - Personal trainers/Fitness instructors
 - Spirit and Energy Practitioners
 - Life Coach



Q and A

- Please visit [www.trinity approach.com](http://www.trinityapproach.com)





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