

T.R.U.S.T.

OneLove Counseling Services, LLC... is the creator of ^The Real U Shining Through (T.R.U.S.T.) Philosophy^ and the proprietary owner of 'T.R.U.S.T. Sessions,' a 7 module therapeutic journey designed to help clients learn to be secure within in order to shine outwardly.

T.R.U.S.T. is an ongoing practice, that (grows stronger as) completes itself once a person learns to rely on their first thought... and believes the first 'pure thought' to be what is intended to be carried out. T.R.U.S.T. Sessions have four major focus areas:

Trust is defined as the “firm belief in the reliability, truth, ability, or strength of someone or something”:

Reliability = teaching clients to rely and obey their initial thoughts and to trust this intuition as the guiding tool

Strength = the mental muscle required to embark on a daily journey to build a psychological forest used to protect your daily decisions.

Truth = being honest with your intentions within, thus protecting the external. Truth is as important with self as it is when interacting with others.

T.R.U.S.T. is deep dive into your authentic self. For some it will mean discovering that truth for the first time, for others, it will mean honing your ability to hear and trust that still small voice within. 'The Real U Shining Through' will help a person be more centered, more confident in their decisions and relationships, and shine brighter in all areas of their life.

Dr. Tiy-E
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