

# Lisa Sorbie-Martin



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### Body, Mind, Soul, and Spirit

Four layers to flourish in health and wellbeing is through care of body, mind, soul and spirit. All elements co-exist in life's cycle for both Indigenous and non-Indigenous peoples that brings healing towards each other that reflect care and love for Country, Islands, waterways, and sky. The white lines are reflective of healing of Spirit threads through who we are and our effectiveness in life.

Healing in oneself naturally flows into a presentness of mind to activate a purpose to impetus causation of personal healing and action to change having a ripple effect in community, society and our natural environment.

