



Thank you very much for helping us make this world a better place!



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ensure evolutionary growth of our consciousness.

My passions include Ph.D. in Psychology, Nutritionist, Life Coach, Spiritual Guide, Author, Speaker, and Physical Fitness Trainer.

I am also the Founder and Operator of theGIVEshirt.com - a 100% Volunteer-Operated International 501(c)(3) Charity Movement helping awaken and increase the world's awareness of Giving, allowing a happier and healthier coexistence.

Exploring various cultures has also been a focus of my joy.

At my core, the essence of who I am is:

Giving, Receiving and Sharing freely the light that shines brightly from all of our!