## **A Mindful Way**

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## **Summary**

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## **Description**

Marilyn Julia B, MA., LMFT, is a licensed psychotherapist, storyteller, and energy healer using her talents for writing, music, and speaking to cultivate spaces for healing and wellness in her clients and her broader community. Marilyn's goal is to help shift the collective from surviving to thriving and to do so, Marilyn is dedicated to liberating Black people and decolonizing healing by providing culturally aware healing spaces while using her voice to dismantle the systems that continue to support oppression.

