

## Lenora Beale

Lenora Beale, I.O.T. Staff Member

Lenora Beale, AST, CHT is a Certified Hypnotherapist, an Altered States Therapist and a 15th Step Guide. Lenora has a Transpersonal Hypnotherapy practice at The Institute of Thought, and has studied under Joseph Costa at the Institute since 2000.

She is currently working with widows, widowers and others who have experienced the loss of a loved one. By taking them through the 15th Step Process, they are able to talk to the deceased and find out about their Transition.

Lenora is the mother of four sons, and a grandmother to nine boys and girls. She is also a sculptor, weaver, poet and writer of children's books. Lenora received her advanced education at Ohio University and Ohio State University where she majored in Fine Arts.