

Bio Short

Kim Colella is a Spirit Doula. Her purpose is to be an evocator of the Sacred and to help others celebrate its magnificence in themselves, their relationships and their world.

**Her message is simply this:
"You are good,
You are Beautiful,
You are Holy.
Step onto the path of your dream."**

Bio Medium

Kim Colella is a Spirit Doula. Her purpose is to be an evocator of the Sacred and to help others celebrate its magnificence in themselves, their relationships and their world.

Kim has followed her spirit's urging to embrace life in all its complexity. She ministered to both the elderly and teens as a Jesuit Volunteer; traveled to Calcutta to meet and experience the work of Mother Theresa; joined a delegation of women to witness the AIDS pandemic in South Africa; designed and implemented a Peace Program for her son's inner-city public school, assisted over 25 women in giving birth, helped others prepare for their deaths and Co-Authored *Lasting Gifts: Living with Intention and Dying in Peace*. Such experiences have fostered in her a deep awe and respect for each phase of life.

is the recipient of the 2016 Service Award and the 1992 Decade Award from the College of St. Benedict, the 2013 Alumni of Distinction Award from Hill- Murray High School and is the 2010 Laureate of the Greater Tacoma Peace Prize.

Bio Long

Kim Colella calls herself a Spirit Doula. Her mission is to assist women in birthing their spirits into the world and to reclaim the sacred dimension of their own physical being. Kim founded Body Sacred, her healing practice in Tacoma, Washington in 1991.

Kim has followed her spirit's urging to embrace life in all its complexity. She ministered to both the elderly and teens as a Jesuit Volunteer; traveled to Calcutta to meet and experience the work of Mother Theresa; joined a delegation of women to witness the AIDS pandemic in South Africa; designed and implemented a Peace Program for her son's inner-city public school, assisted over 25 women in giving birth, helped others prepare for their deaths and Co-Authored *Lasting Gifts: Living with Intention and Dying in Peace*. Such experiences have fostered in her a deep awe and respect for each phase of life.

Kim is a Spirit Doula, licensed massage therapist, restorative touch practitioner, photographer, author, and philanthropist. Her purpose is to be an evocator of the Sacred and to help others celebrate its magnificence in themselves, their relationships and their world.

Kim is a graduate of the College of St. Benedict and has a Masters of Arts in Pastoral Studies degree with an emphasis in Spirituality from Seattle University. She is the recipient of the 2016 Service Award and the 1992 Decade Award from the College of St. Benedict, the 2013 Alumni of Distinction Award from Hill- Murray High School and is the 2010 Laureate of the Greater Tacoma Peace Prize.

She lives with her husband Niko and son, Sam, in Tacoma, Washington.

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-Kim Colella