



Fernando Esté

Having been born in South America, living on two continents, and receiving education in Science & Technology, Social Sciences, and Humanities, has provided Fernando with a broad perspective about Life and the human condition. He describes himself as a contemplative grounded in and guided by Wisdom and practices from various spiritual

traditions, including Christian Monastics (Benedictines and Carmelites) and Zen Buddhism. He is an interfaith spiritual director by training and practice, specializing in grief and shadow work, 2SLGBTQ+ issues, and also a trauma-informed individual. Studies include the 2 year training with Pacific Jubilee and a 2-year-long Healing and Spirituality immersion course with Dr. Matt Licata, PhD.

I have also delved into the fields of Theology and Spirituality, including Alternative Orthodoxies (Richard Rohr's life-long work); Wisdom Schools (Cynthia Bourgeault). He is happily partnered for 25 years with the most caring and loving person he has known, his partner in crime Don Glass.

