

# Sample Bio



Ingrid Coffin is the creator of inspirational Meta-Thoughts® messages, co-author of *Word Search Sage: Yoga for the Brain* and founder of Blue Sky Ranch community in Lakeside, CA. A master mentor and evolutionary astrologer, contact Ingrid and get your free subscription to Meta-Thoughts at [www.IngridCoffin.com](http://www.IngridCoffin.com)