



## Diana J. Ensign, JD Biography

Diana J. Ensign, JD., is a contemporary author in the field of spirituality. Her book, *Traveling Spirit: Daily Tools for Your Life's Journey*, is now available on [Amazon!](#)

Diana has published numerous feature articles, cover stories, and news features in NUVO newsweekly, spiritual essays in *Branches* magazine, an article on Sister Judian Breitenbach and The Namaste Center in *The Healing Journal*, an essay in *The 20th Anniversary Devotional of Interfaith Alliance Indianapolis*, and an essay in *Hear Our Voices* anthology.

Diana conducts workshops and leads worship services on spiritual healing, radical compassion, and mindfulness. She planned, organized, and participated as a panel member in the 2013 Spirit & Place Festival program, "The Risk of Pursuing Your Passion," and participated as a panel member in the 2014 Spirit & Place Festival program, "From Loss and Addiction to Wholeness." Additionally, in 2014 she organized an Interfaith Meditation and Prayer Vigil at the Indiana Statehouse in opposition to HJR-3 (proposed constitutional amendment to ban same-sex marriage in Indiana).

She also writes the [Spirituality for Daily Living](#) blog on [her website](#).

Diana is a prior recipient of an Arts in Indiana Grant for a project that featured veteran interviews and a Spirit and Place public program, "Voices of Hope: Veteran Stories of Faith & Healing" (broadcast by Public Access Indianapolis), and she received a Beacon Fund Grant through the Unitarian Universalist church for a permanent outdoor labyrinth-building project.

She has written print and web materials for nonprofits in the charitable planned giving field. Her professional business writing includes over 150 donor stories, a White Paper, booklets, impact stories, blogs, and other business-related publications.

Her spirituality embraces AI-Anon, Buddhist meditation, Unitarian Universalism, Native American ceremonies, Goddess rituals, Science of Mind, Shamanism, and religious readings across a diverse spectrum of beliefs and practices, including, the *Tao Te Ching*, *The Upanishads*, and writings by Thich Nhat Hanh, the Dalai Lama, Peace Pilgrim, and many other spiritual teachers, poets, and visionaries. She is certified in Reiki III and practices yoga, tai chi, and Qigong. Her favorite source of spiritual insight is nature.

Born in Florida, she grew up in Michigan and holds a B.A. from the University of Michigan in Ann Arbor and a J.D. from Wayne State University Law School. She is married to Dave Stratman, a biologist who works for nature conservation. Her best teachers are her two daughters.