In 1999, after obtaining a degree in Cultural Anthropology at the University of Iowa , Joshua traveled abroad to study in Guatemala and discovered a passion for helping individuals who were in a state of poverty and circumstantial challenge. Following this experience in 2002, Joshua visited Haiti, once again witnessing a great magnitude of poverty and suffering. It was in Haiti that Joshua recognized the universal nature of the human condition. These experiences led Joshua to the calling of service and Karma yoga. Since 2002, Joshua embarked upon his journey working in the social service field providing services to adults and teenagers with chronic mental health and behavioral disorders in Iowa City, Iowa.

It was in August 2006, when Joshua envisioned a service organization that embraced the qualities and philosophy of holistic wellness. It was at this time, Joshua founded with co-founder Builders of Hope, and began a chapter in his life that would lead him to this present moment in time. Today, Joshua is a  father of four beautiful children, a cultural anthropologist, mindfulness meditation practitioner, yoga practitioner/instructor, Reiki III practitioner, counselor, and healer.​“We are all on this earth as soul beings having a human experience, and every moment of every day is a new moment waiting for us to make the conscious choice for an awaking to occur inside of us! This awakening blesses us with an internal compass to navigate this great map we call life, and reveal to us the road to internal happiness. My desire is to help each individual I encounter awaken to this gift and blessing”.Contact:  joshua@buildersofhope.us