



My talk on taking care of the many layers of your needs is available to watch. This is a super important subject near and dear to my heart. Healing begins with recognizing, naming, prioritizing and tending to your needs. I hope you can find five minutes to listen to this talk at the lovely [Creative Mornings Portsmouth November gathering](#) (my portion starts at minute 8:20). If you have the time, I really recommend you to listen to the entire talk, there were some amazing speakers there that day.

I am currently working on a deeply healing online course on this subject. More info on that soon, stay tuned!

Photo by the amazingly talented [Alanna Hogan](#).

**Download a brief meditation to help you listen, recognize and meet
your needs.** 