

**In this video I am sharing my own story of coming face to face with all my unmet needs and my discoveries about what needs are, what their layers are and how meeting your needs can contribute to healing your energetic wounds.** I also talk about:

- What is the first step in beginning to heal your energetic wounds?
- Why do your needs matter?
- What can you do if you don't have the time, resources or the energy to tend to your needs?

**My new [online course Tending To Your Needs](#) is a self-study online course that answers these questions:**

- What do you need? How can you recognize, name, prioritize and meet your needs with or without help?
- How can you recognize and tend to your non-verbal, unspoken needs?
- How can you begin to address the different layers of your needs?

**The course has a one-time-only price of \$97 (\$300+ value) and it will not be this price ever again. You can invest in your well-being and purchase this powerful course **THE NEXT THREE DAYS ONLY** until February 20th 2020.**

I honestly have no idea when I'll be able to launch it again so take it while you can!

**INVEST IN YOUR WELL-BEING NOW**

**LEARN MORE**

**DOWNLOAD A FREE QUICK DAILY CHECK-IN MEDITATION TO IDENTIFY  
YOUR NEEDS**