



When is the last time you gave yourself the gift of paying attention to your needs?

How can you tend to your vibrational needs that you don't have a way to put into words?

When you don't care for your needs, what are you missing out?

How can you get the support of the universe and your ancestors for tending to your needs?

What can you do to release the resistance between you and prioritizing your needs?

I have been working with all these questions, tumbling with them, dreaming, receiving guidance, and looking for ways to answer them. Through these inquiries I have developed an online course that I believe answers all these questions and makes tools that address all layers of your needs readily available at your

fingertips.

Tending To Your Needs is an online course to set the foundation for your healing and help you to recognize, name, prioritize and meet your needs with or without help. I want to help you learn more about how your needs work, what their layers are and how to make them a priority.

When you don't pay attention to yourself your needs just get louder and more painful to embody. The problem is we don't have a good understanding of what a need is. Satisfying a need is not the same as self-care. You can actually survive without self-care but you can't survive or thrive without satisfying your needs. Needs are requirements to live a purposeful and vibrant life.

I have discovered that your needs have layers. Within the needs of the moment are also the needs of the two year old in you, and the needs of your ancestors who went through trauma, loss and migration. Unless you bring a loving attention to all layers of your being, no amount of drinking green juices, walking in nature or taking yoga classes will help you feel better.

You may not be aware that you have needs. We are not taught the language and the ecology of our needs and that we are allowed to have needs. **This course is designed to teach you how needs work and how your needs can co-exist with the needs of others in your life**

You may be aware of your needs but you are not sure how to satisfy them or how to get past your resistance. You don't know where to start to prioritize your needs. **This course is definitely for you.**

You may know about your needs and you may have a few tools to work with them but they don't always work and you feel like something is missing. You are open to a deeper understanding of your needs and a deeper connection with yourself. **This course is the missing link you have been looking for.**

I am opening the doors to this course until February 20th, 2020. I decided to offer it at \$97 introductory pricing. All the course content is worth over \$300. It will never be at this price point again and I have no idea when I will be able to launch it again. The course has five modules (over 3.5 hours of videos) and 8 guided and EFT Tapping meditations (over 4 hours of audio).

When I look at what needs to happen to effectively heal energetic wounds, a clear understanding of how to tend to the layers of your needs comes out as the first step. This is the culmination of all my personal, one-on-one and group healing work. I truly believe that tending to your needs is the first step to begin to heal your energetic wounds. I am a believer in self-healing and this course is designed to empower you to make your needs a priority at your own timing and with effective tools.

INVEST IN YOUR WELLNESS

LEARN MORE



TENDING TO YOUR NEEDS

**An Online Course
To Help You With
Making Your Needs a Priority**

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