THE GENTLE COUNSELLOR

Masterclass

HOW TO START

INNER HEALING

MONDAY 27TH APRIL, 2020
8PM AEST

Getting to know me

Complete this before the Masterclass begins.

Right now I am feeling

3 Things I am grateful for

How I want to feel by the end of this Masterclass

“Healing doesn’t mean the damage never existed. It means the damage no longer controls our life.”

— Akshay Dubey

What are your life challenges?

Self Love

What I lacked

What I need

Inner Child Work

What I lacked

What I need

Notes

Mindfulness practice.

As you colour each 'petal' think of an affirmation and truth about yourself. For example; 'I am kind', 'Good things come to me', 'I totally and completely love and accept myself'.

You did it!

Congratulations on completing the Masterclass on How To Start Inner Healing. How do you feel? I hope you are feeling more empowered and confident in your inner healing journey.

Remember to join the Gentle Motherhood monthly membership. Doors close midnight on Monday 27th of April, 2020.

This is just a taste of what to expect.

- Crystal

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