

# LIVING FROM THE POWER OF YOUR HEART



“You can’t become yourself by yourself” Claire Zammit

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**Can you imagine your true potential? What does it mean to listen to your heart? Symptoms of stress or pain of any type signals an imbalance in the body’s energy. This workshop creates bypasses to what keeps us stuck and ignites the heart to a new path. Based in science, wisdom and experience.**

“Be willing to take the first step, no matter how small it is. Concentrate on the fact that you are willing to learn. Absolute miracles will happen.”

Louise Hay