

Self-Love, Knowing & Empowering Thyself *for Women of Service*

What

This is a 6 Week Course to support Women of Service who have been in need of getting their own needs met.

Many of us are called to service only to find our extra-large-hearts do not know the boundaries of giving and receiving. All too often we are empty yet still respond to the needs of others because we can see their needs so easily. It's easier to focus on others than it is ourselves.

This course is intended to offer and teach refueling techniques, as well as tools to better know ourselves and processes to address and heal the wounds of over-giving, abuse, trauma, and being misunderstood.

Who

Rev. Tiffany Barsotti, M.Th., C.Ht. is an internationally renowned medical intuitive, clinician and researcher. With her spiritual and intuitive guidance, she serves as an integrative practitioner working alongside physicians and other allied health professionals. She received her Masters of Theology in Energy Medicine with special emphasis in Medical and Spiritual Counseling from Holos University Graduate Seminary and was personally mentored by the school's founders, Dr. C. Norman Shealy and Miss Caroline Myss.

Tiffany is a Visiting Scholar at the University of California San Diego's School of Medicine. She's published scientific papers in Integrative Medicine journals with clinicians and scientists from prominent US academic institutions. She is a favorite on Gaia TV and was recently featured on the Shift Network's Science of Healing Summit.

Why

Military personnel are called to service, to assist, to heal, to help in the best ways they know how. We, as humans, are often called to serve but can lack an understanding of how best to provide for our own basic mental health and wellbeing needs. In order to heal ourselves, sometimes we go into service, but this is unconscious.

This course aims to make the unconscious conscious, for the purpose of bringing understanding of ourselves and others' motivations. Once known, we are able to navigate our lives, driving our own minds and bodies.

Where:

Online Zoom meetings - details are given once the participants agree and sign-up for the sessions.

When:

A 3-month program, meeting every other week

How:

In an online group experience, together we will dive deeply into meaning and purpose specific to each of us as individuals, learning tools for managing our internal relationships with ourselves and managing relationships in families, groups, and work.

Examples of course material we will cover. This will be like a mini masterclass every weekend. You will be building a "Tool-Kit" to use for the rest of your life and pass on to others you love.

- Ending the Drama Triangle to Empowered Surrender
- Learn the True Source of Anxiety and Depression that is unique to you
- Learn how to Ground your body into this Present moment
- Who and What are High Sensitivity Persons, and are you one of them?
- Life Lessons, The Wounds and YOUR personal Genius
- Liberating and emancipating your Inner-Wise-Child
- Emotional Discernment, not everything we feel is ours to process
- Learning to Love from your personal overflow of Self-Love
- Understanding what it means to live in your personal purpose
- And much more once we get to know each other