

When I think about the first time I stepped into the house of heart it's like looking back at the beginning of a new chapter of my life. I was greeted with a hug, a smile, and asked to step into a New World. That was very much what the house of heart was for me. It is a sacred place for sacred people and sacred women.

I have learned that all women are sacred through these workshops. The house of heart workshop reminded me of my belonging in the way of things. It reminded me that I have a place and purpose in this world and that I am not apart from it and it is not apart from me. I learned that there is a deep intelligence living within me. And accessing that intelligence is my greatest gift, my deepest treasure, and is the bravest endeavor I will ever pursue in my lifetime. The house of heart workshop was an opportunity to see the truth of my past and present life.

I attended my first workshop four years ago and what I learned there has been a part of me every day and introduced a new way of life to my heart.

I want to live, I am a gift, I am learning, I am sacred, I am woman, I am forever grateful.