

House of Heart has changed me in ways I could never fully articulate. The 1st workshop was the beginning of a coming home to myself. A kind of healing that reaches beyond the mind into the spirit. I had done years of therapy prior to attending the workshop. The healing I received from the 3 days up at House of Heart was more than the 10 years of therapy combined.

I attended the 2nd workshop about 3 years after the 1st. That is when things really shifted for me- simply because I was a lot less guarded, more open and had the capacity to confront the dark places I had been avoiding. One of the things I love so much about these workshops is the healing and changes that continue to unfold. These workshops have enabled me to do things I never thought I could do. I have an emotional freedom from the wounds I was trapped in. I have been able to identify my own unhealthy behaviors and patterns - which has empowered me to create a life that nurtures my soul. I am able to live a life that is not dictated by my traumas. I will be forever grateful for House of Heart. Thank you for mending my heart and showing me anything is possible.