



May Informer

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

Administration officer is Karen Howard - 0477 274 604 - admin@ahhca.org

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FROM THE
Editor

Please send all submissions to the administrator admin@ahhca.org.
Article Submission guidelines are below.

Regards *Karen Howard*

ARTICLE SUBMISSION GUIDELINES

Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

All images must be submitted individually named with corresponding numbers.

Article Length Maximum
500-1000 words

Please email .txt documents to:
admin@ahhca.org

- Editor

MEMBER MATTERS



This month you will be sent your first membership renewal reminder.

Have you completed your 30 hours of professional development if you are a practicing member?

In March we invited people to write articles for the newsletter and to consider joining the committee of management to gain hours under a category of professional development classed as "contributing to professional knowledge".

In April we explored the category of professional development known as "skill development".

This month we talk about the easiest category in which you can gain up to a third of your PD hours without leaving your home....or even getting out of your pyjamas.....

A maximum of 10 hours can be accrued towards your total of 30 hours of professional development under the category of Gaining New Information and Knowledge, and can include the following activities:

- Watching videos, YouTube clips, films, etc, related to health and wellbeing and/or business development
- Participating in online presentations and webinars related to health and wellbeing and/or business development
- Reading professional publications e.g. AHHCA Informer

If you have any questions about professional development please contact the Administrator via email admin@ahhca.org.

COMMITTEE MATTERS

Every 3 years the AHHCA accredited courses get reviewed and accreditation gets renewed, and this cycle has just finished.

David Kleise from Trinity Academy has gone into semi retirement and is settling down to write a book so is not really teaching any more. Frank Pizzoferrato has also notified us that he has closed down Living Chi to focus on his family. The AHHCA wish them both the very best in their future endeavours.

All of our other Education Providers have had their courses re-accredited, including the newcomer to the field Linda Koen from Source Centre. You can find out more about our Education Providers and their courses via this link http://www.ahhca.org/college_directory.php.

Many of these courses are offered online and might be a way of gaining new skills for your toolkit AND earning those important professional development hours!

INNER SECRET INSIGHTS

∞ BY LEONIE BLACKWELL

Yellow Cone Flower: Need to be accepted fear of rejection

There are two levels of acceptance:

1. Shallow
2. Sincere

Shallow acceptance occurs where someone enlists our help or talks to us because it serves their needs at the time. Eventually, we discover that we are ignored, dismissed and sometimes even rejected if we are not useful to them.

The deeper level of acceptance we seek from our connections to others is flavoured with sincerity in feeling important and validated by others.

To give a part of ourselves to another we are left vulnerable to our need to be accepted and our fear of being rejected.

The Living Essence Yellow Cone Flower assists those who feel people don't consider them important enough to treat them with respect and consideration. I find it invaluable for People Pleasers who give too much of themselves to others in an attempt to make these other people happy.

There is a propensity to feeling used when other people want their help but don't recognise how

important or invaluable they have been in resolving a situation. In these moments the person needing Yellow Cone Flower is giving away their personal power to another. Too often their boundaries are porous as they give more than is asked of them or give in the hope they will become important to this other person.

As 'free' as they think they are being in helping another they are actually giving with the expectation that they will receive something in return, even if that is in the form of validation or a boosted sense of importance in the world. They are seeking external recognition because they don't know within that they are important and matter.

Too often we remind our clients that they have to matter to themselves first and then they will attract in people who will treat them better. Yellow Cone Flower is the flower essence that assists them to see how important they are to themselves and to stop looking outside for others to provide recognition.



Business Tips from Jane Boyle

I'm assuming that as small business owners that everyone would have at least done a short course on how to run a business and understand our tax laws. For business success we have to first acknowledge that we are running a business and willing to comply with business rules and its subtleties.

What is one piece of business advice you would give to others to help them create more success?

Be you! Lean on the higher power within and you will attract the right kind of success for your soul's journey in this lifetime. Living your true self in life builds a radiance that attracts helpful people and success.

What's the best thing you ever did to grow your business?

A daily spiritual practice eg. Yoga, meditation etc. creates receptiveness to the universes infinite gifts.

We need not look outside ourselves for success; we attract what we need by being peaceful and inviting.

If you could give some business advice to a younger you, what would it be?

To feel successful develop an attitude of gratitude from the start, it will naturally elevate and support you on your business journey. A grateful kind heart will always deliver a clearer view; better decisions are made, allowing growth and progress that benefits the greater good.

*Jayne Boyle is the owner of Crusoeden Body Pty Ltd, and is a Holistic Counsellor & Complementary Therapist, Accredited Reiki Master/Teacher & Yoga Teacher - RYTA350
crusoedenbody@bigpond.com Ph 03 5435 3692*

IMMUNE HEALTH



An apple a day keeps the doctor away!! We have all heard that I am sure

The sentiment behind this means that doing a little bit often will

improve our health, wellbeing and immune health. Of course there are the basics to follow that strengthen our immune system that we all know about such as eating healthy fruit and vegetables, regular exercise, not smoking, not drinking too much alcohol, maintaining healthy weight, getting adequate sleep, hand washing, dealing with stresses.

But how else can we improve our immune system – a little bit often??

Vibrational medicine treats imbalances using various forms of energy to stimulate the body to bring about change. Many of you will have heard of Rescue Remedy from The Bach Flower range or the Australian Bush Flower Essences. My favourite range which I have been using myself and with my clients with great success for the last 14 years are **The Shell Essences**. This range of Vibrational Remedies are created from the energy imprints found within specific single shells and fossils. The shells are never crushed or damaged in any way and the same shell is used each time a new Mother Essence needs to be made. They encourage the body's natural healing ability and immunity. These can be used on children and adults of all ages.

According to Nancy Parker co-creator of the Shell Essences "... the main source of our individual immunity is gained by the release of negative energy patterns that deplete our energy – fear, anger, grief, low self-esteem, and learned belief patterns such as 'I don't deserve'They then help us to release any dissident energies that are not coherent with our own vibrational energy pattern; viruses and bacteria have a negative energy that are drawn to their own particular vibrations."

The spray 'Just Me Plus' helps a person's immunity by removing other people's energies from our energy body. It is an aura spray that also removes the negative effects of other people being around us such as tiredness, irritability, feeling drained and eventual burnout. It literally feels like a beautiful

cleansing spray of roses above your head and moving through your entire energy body. I love this spray and use it daily as a part of my aura cleansing. I also make it for most of my clients.

'**Essenshell Support**' helps us not to pick up negative energies and bugs from people with whom we are in close contact with. My husband and I take this with us whenever we are travelling - taking drops under the tongue a few times daily. On a few trips other passengers have picked up all sorts of colds, coughs and other bugs – and we have always remained healthy and well. Many clients I have given this product to have given positive testimonials. Also at first sign of a sore throat, taking **Support Drops** seems to nip things in the bud and the symptoms disappear within a few hours. So it is a safe and speedy remedy to take daily to build your immune system.

'**Essenshell Boost**' returns our energy when this is depleted due to tiredness. It has renewing and refreshing properties and helps one to recover more quickly from colds and flu.

For more information and to check out the full range of Shell Essence vibrational drops and sprays for yourself see www.shellessences.com.au.

Nancy Parker co-created this range about 25 years ago and continues to bring through new Vibrational Essences and Sprays.

It could just change the saying to 'A few drops a day keep the imbalances at bay'



Shell Essences
Vibrational natural health remedies



Lavarna O'Malley
Intuitive Healer
T. +61 (03) 5428 7642
E. lavarna@lavarna.com.au
PO. Box 127,
Riddells Creek, VIC 3431
www.lavarna.com.au

Profile

Name: Lavarna O'Malley

Where are you practicing?

From my studio at Riddells Creek in Victoria

Do you provide in person sessions only or do you also do online/distant work?

I provide in person sessions as well as distance healing to people all over the world.

What are the main modalities you offer? What do you specialise in?

I am an Energy or Spiritual Healer with many modalities that complement what I do (see www.lavarna.com.au)

What do you love about the work you do?

Making a positive difference to people; and awakening their Spirit. This has been life changing for so many of my clients.

How did get started in this work?

A big awakening after hitting 'the bottom' – a very traumatic marriage breakup with 5 young children nearly 20 years ago was in fact so many gifts in disguise – I found me and I discovered that I had the ability to help others heal too. I was 'asking' my Guides about 'what next?' and a beam of Light shone through the window onto the newspaper in front of me – an advertisement to study a Diploma in Holistic Healing. This was the beginning of healer heal thyself. I have never looked back.

What sort of results could people expect to get if they work with you?

You will feel Lighter, clearer, empowered. Clients find me for a wide range of issues from relationships to grief, to anxiety, to moving on from being stuck and to feeling more yourself again. I work with children too (I used to be a kindergarten teacher). I will teach you powerful techniques to assist you with ongoing healing and keeping your energy clean.

Testimonial

Good Morning Beautiful Lavarna, I just wanted to send you a quick message to let you know how extremely grateful I am to have been in your presence yesterday. You have an amazing gift. I have woken up this morning and looked in the mirror and my left eye is remarkably different. I feel so much lighter in my whole being... Thank you, thank you, thank you!



Lymphatic Massage Helps Immune System

By Dr Joseph Mercola

Massage is often considered to be a treat reserved for special occasions, but there's good reason to make regular massages a part of your health and fitness routine. Researchers from Cedars-Sinai Medical Center in Los Angeles revealed that massages prompt significant physical changes in your body, including boosting your immune system, your body's key defense against illness and disease.

Twenty-nine lucky study participants received 45 minutes of Swedish massage, a relaxing, full-body massage, while another group received 45 minutes

of light touching instead. The massage group experienced a number of benefits, including an increase in circulating lymphocytes, a form of immune system white blood cell that's especially prevalent in your lymphatic system.

Other massage benefits included lower levels of inflammatory cytokines, cortisol (a stress hormone) and vasopressin, a hormone linked to aggressive behaviour.

"Massage therapy is a multibillion-dollar industry in the United States with 8.7 percent of adults receiving

at least one massage within the last year; yet, little is known about the physiological effects of a single session of massage in healthy individuals," the researchers noted. Increasingly, however, it's becoming clear that massage isn't only a tool for relaxation; it's a tool for boosting your overall health and even your resistance to disease by boosting your lymphatic health.

Why a Healthy Lymphatic System Is Key to Overall Health

If you're interested in maintaining good health by boosting your immune system, consider lymphatic massage, also known as lymphatic drainage. Your lymphatic system is a network of tissues and organs that help transport metabolic waste out of your body. Parts of your lymphatic system include your thymus gland, lymph nodes, spleen, liver and tonsils.

Your lymphatic system also produces, stores and carries white blood cells that your body uses to fight off infections and disease, and lymphatic vessels branch out into all the tissues in your body, similar to blood vessels. Having a well-functioning lymphatic system is essential for good health, as lymphatic fluid, or lymph, carries white blood cells throughout your body and also carries bacteria and toxins to your lymph nodes, where your immune system destroys them.

Your spleen is the largest organ in your lymphatic system, and it helps to filter your blood and produce lymphocytes to fight infection. There's even a connection between your lymphatic system and cancer, as it helps filter out cancer cells. Cancer Research UK explains:

"As blood circulates around the body, fluid leaks out from the blood vessels into the body tissues. The fluid then collects waste products, bacteria, and damaged cells. It also collects any cancer cells if these are present. This fluid then drains into the lymph vessels. The lymph then flows through the lymph vessels into the lymph glands, which filter out any bacteria and damaged cells.

From the lymph glands, the lymph moves into larger lymphatic vessels that join up. These eventually reach a very large lymph vessel at the base of the neck called the thoracic duct. The thoracic duct then empties the lymph back into the blood circulation."

Lymphatic Massage May Benefit Your Immune System

Swedish massage, remember, increased circulating lymphocytes in the body, which suggests it boosts lymphatic health. However, lymphatic drainage massage may be an even more efficient way to keep your lymphatic system healthy.

Your lymphatic system is sometimes called your second circulatory system, and when it becomes slow or clogged up, your immune system weakens.

Lymphatic drainage massage involves gentle massage techniques designed to encourage lymph to drain out of a clogged area and increases lymphatic circulation.

Lymphatic massage is not at all painful and involves rubbing or pushing the skin in the direction of lymphatic flow, allowing accumulated fluid to clear and flow properly.

A typical session may last up to an hour and you may be advised to receive one four to five times a week if you're experiencing a blockage. Generally, the massage will address your entire lymphatic system rather than focusing only on the affected area. Originally developed as a treatment for lymphedema, a blockage in the lymphatic system, it can be performed by a professional or you can do a simplified version on yourself, which your therapist can teach you.

Raakhee Patel, a physical therapist who trains people to perform lymphatic massage after surgery, explains in Healthline there are two stages to lymphatic massage: clearing, which creates a flushing effect; and reabsorption. Clearing can be done under your collar bone, under your arms and inside your elbows. For example, Patel recommends clearing the lymph area under your collar bone by:

- Lying on a flat surface and crossing your arms on your chest, with your hands resting below your collarbone
- Lifting your elbows slowly, which will help flush lymphatic fluid

You can clear the area under your arms by gently "scooping" your underarm from top to bottom. The reabsorption phase, meanwhile, involves gently sweeping your skin from fingertip to hand, from hand to elbow, and from elbow to shoulder. You may need about 20 minutes daily to perform lymphatic massage effectively.

What Else Is Lymphatic Massage Good For?

In addition to boosting your immune system, which is intricately tied to your lymphatic health, lymphatic drainage has proven benefits for a number of conditions. In women with fibromyalgia, manual lymph drainage therapy led to improvements in pain, health status and health-related quality of life. Lymphatic drainage was even more effective than connective tissue massage in terms of relieving morning tiredness and anxiety in this population, so "manual lymph drainage therapy might be preferred," researchers concluded.

Manual lymphatic massage has also been found to improve knee range of motion following surgery, for up to six weeks after surgery, and may show promise for treating migraines. In one study, there was a significant decrease in the amount of pain experienced by migraine sufferers who received lymphatic drainage, compared to those who received traditional massage. Lymphatic drainage also led to a reduction in migraine attack frequency.

Beyond this, research suggests lymphatic massage may be beneficial for treating cellulite, varicose veins and perhaps even neurological diseases. In fact, in 2015 a direct link between the brain and the immune system, via lymphatic vessels that were not previously known to exist, was found.

It was long believed that such vessels stopped before reaching the brain, but then researchers detected

lymphatic vessels beneath a mouse's skull, which could open new avenues for understanding autism, multiple sclerosis, Alzheimer's and many other diseases.

The lymphatic vessels were detected in the meninges, the protective membranes that cover the brain, and closely followed blood vessels. The study's lead author, Jonathan Kipnis, a professor in the University of Virginia's (UVA) department of neurosciences and the director of UVA's Center for Brain Immunology and Glia, highlighted the importance of the discovery:

"We believe that for every neurological disease that has an immune component to it, these vessels may play a major role. Hard to imagine that these vessels would not be involved in a [neurological] disease with an immune component ... In Alzheimer's [for example], there are accumulations of big protein chunks in the brain. We think they may be accumulating in the brain because they're not being efficiently removed by these vessels."

Dry Brushing May Also Help Your Lymphatic System

Lymphatic massage is an ideal way to boost your lymphatic health, but dry skin brushing can also stimulate this ever-important system. Many are not aware that your lymphatic system may start to get sluggish as you age, compromising your immune system further. In addition to lymphatic drainage massage, dry skin brushing is also effective because many of your lymph vessels run just below your skin's surface.

Remember, only gentle pressure is used during lymphatic massage and this is also the case during dry brushing.

There are brushes for your hands, feet and nails, face (which have softer bristles), hair and body. It's simple to dry brush right before you hop in the shower. Pick up your brush and get to work, starting with the lower part of your body first with swift, gentle upward strokes toward your heart. Moving upward is important, as this is the direction of the flow of your lymphatic system, except on your abdomen, when movement should be directed toward your groin. Here are tips to get started:

1. Start working on your feet, using gentle, circular, upward motions toward your heart from the tips of your toes, including the tops of your feet, your soles and moving upward, first one side and then the other.

2. Brush slowly and gently; even if you're ticklish, making it difficult to cover your stomach, sides and chest, it will become less so as your body gets used to the sensation.

3. Do your arms, neck and as much of your back as you can get to. Remember to avoid areas where you might have scratches or anything that would make contact with the brush painful.

4. Don't use the regular brush on your face, as your skin is far too delicate. Use a specially designed facial brush, which has softer bristles.

5. Once you're finished, you can shower, which washes away all the dead skin cells you've loosened. Water set at warm or hot further increases your circulation.

Try This Aromatherapy Lymph Drainage Massage

Ideally, you'll want to combine lymphatic drainage conducted by a therapist with other methods of lymphatic support, like dry skin brushing and exercise (particularly rebound exercise, which stimulates lymph circulation). In addition, you can conduct your own lymph drainage massage at home on yourself or a family member to give your immune system a quick boost.

The following massage combines the powers of essential oils specifically chosen to support stimulation and cleansing with movements that will help flush your lymphatic system.

Lymphatic System Massage Oil

- 8 drops lemon essential oil
- 8 drops grapefruit essential oil
- 6 drops rosemary or bay laurel essential oil
- 2 ounces carrier oil, such as coconut oil

Combine the massage oil and use it to massage gently up your arms toward your lymph nodes, from the centre of your chest toward your arm pit, then down your neck. When massaging your legs, move upward from your feet to your groin.

*This is an edited article reprinted with permission from The Art of Healing. For the full article (PLUS VIDEOS) please visit www.drmercola.com, and we would suggest you also conduct your own research for further information where appropriate.

EVENTS

Tapping for Health with the Essence of Healing Institute
<https://essenceofhealinginstitute.com/reshaping-body-and-mind/>

Holistic Flower Essence Therapy Certificate with the Essence of Healing Institute
<https://essenceofhealinginstitute.com/wholistic-online-flower-essences-certification/>

Legend

NSW

VIC

QLD

WA

TAS

ACT

SA

NZ

EVENTS

Diploma in Complimentary Therapies with Natural Energies College
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/diploma-in-complementary-therapies>

Diploma in Holistic Counselling with Natural Energies College
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/diploma-in-holistic-counselling>

Certificate of Metaphysical Studies with Natural Energies College
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/certificate-in-metaphysical-studies>

Certificate in Crystal Healing with Natural Energies College
<https://www.naturalenergies.com.au/diploma-and-certificate-courses/certificate-in-crystal-healing>

Opportunities of online professional development with proof of hours study:
<https://wholenesstraining.com.au/wholenesstraining/>
<https://www.mentalhealthacademy.com.au/>
<https://www.nicabm.com/>
<https://www.pesi.com/>
<https://www.healthmasterslive.com/>

Suicide Risk Assessment
6 May, Sydney NSW
<https://www.tatratraining.com/advanced-suicide-risk-assessment/>

Resilience Fundamentals
8 May, Hobart TAS
<https://www.eventbrite.com.au/e/resilience-fundamentals-hobart-tickets-35164303378>

Self Care for Professionals - "Tree Of Me" Workshop
4 May, Frankston VIC
<https://www.eventbrite.com.au/e/self-care-for-professionals-tree-of-me-workshop-tickets-55746210416>

Moon Cycle Journalling online - new moon 5th May
<https://essenceofhealinginstitute.com/moon-cycle-journaling/?fbclid=IwAR21wQsoTHbQ8PvLtX-13Zt3aQVz6FGzKPAkjPxUZ11-EF2iRZ1BGrHLFPm>

Drama as Therapy: Using Role, Story and Therapeutic Games with Children
6 & 7 May, Burwood NSW
https://www.artandplaytherapytraining.com.au/drama_as_therapy.html

Trauma Sensitive Mindfulness: Theory and skills to make meditation safe and effective for trauma survivors
7 & 8 May, Hawthorn VIC
<http://www.mtia.org.au/trauma-sensitive-mindfulness>

Overcoming School Refusal: Answers to questions teachers, counsellors and parents need to know!
20 May, Ainslie ACT
<http://www.compassaustralia.com.au/event/overcoming-school-refusal-cbr200519>

Love Languages
22 May, Blacktown NSW
<http://groupworksolutions.com.au/BookingRetrieve.aspx?ID=216196>

Engaging Adolescents
22 May, West End QLD
<https://www.parentshop.com.au/engaging-adolescents/>

Surviving in Exile - Trauma to Recovery
31 May, Adelaide SA
<https://www.eventbrite.com.au/e/surviving-in-exile-trauma-to-recovery-symposium-tickets-55550837049>

Somatic Approaches for Deepening Client Work
31 May, Melbourne VIC
<https://www.pdpseminars.com.au/training-events/melbourne/511-somatic-approaches-counselling-psychotherapy-melbourne>

Level 2 Australian Bush Flower Essences
1 & 2 June, Perth
<https://www.eventbrite.com.au/e/perth-level-2-australian-bush-flower-essences-2019-tickets-54745619622>

COMMITTEE 2018 -19

PRESIDENT: (Vacant - we will rotate chairing the meetings)

VICE PRESIDENT: Diane Collett

SECRETARY: Charmaine Sinclair

TREASURER: (acting) Diane Collett

GENERAL COMMITTEE: Karen Howard,
Helen Bramley Jackson,
Jayne Boyle, Theresa Jones,
Linda Koen, Marg Bruechert,
Lavarna O'Malley



*The committee would like your support
We would like our organisation noticed by everyone, help us by displaying our
logo on your website. Please contact the office for a copy of our logo.*

QUALIFIED SUPERVISORS

Helen Bramley Jackson 
Ph: 03 5447 9331
Email: helenbj1944@gmail.com

Andonna Gotsi
Ph: 0422 261 394
Email: andonna@gmail.com

David Kliese PHD
Ph: (07) 5476 8122
Email: david@davidkliese.com.au

Wendy Lauder
Ph: 54412516
Email: wlauder@hotmail.com.au

Diane Collett
Ph: 0407 790 457
Email: diane@angelicpresence.com.au



happy
BirthDay
M A Y

CELEBRATE BEING THE AMAZING YOU!

Despina Counsel	Julie Marchetti
Kevin Frost	Michelle Oberdorf
Robyn James	Jeanette Olszanski
Sonia Konopa	Mariangela Vecchi

Tracey Ha'ao Lakainapali

WEBSITE LINKS

Australia Counselling association

www.theaca.net.au

Australian Industry Training Association

www.aitd.com.au

Australian Hypnotherapy Association

www.ahahypnotherapy.org.au

Caledonian Colour - PRINT | SIGNS | DESIGN

www.caledoniancolour.com

Cancer support organisation

www.ucansurvive.org

Hearts in healthcare

www.heartsinhealthcare.com

Magnetic Healers Unlimited

www.magnetichealers.org.nz

kathyauric@actrix.co.nz

Strauss heart drops

www.straussheartdrops.com

The Healing Forum

www.thehealingforum.com

Tune In Not Out -

www.tuneinnotout.com

The Art of Healing

www.theartofhealing.com.au

Walter Last

www.heal-yourself.com.au

NETWORKING: The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

COLLEGE DIRECTORY

Diane Collett - Angelic presence

www.angelicpresence.com.au

Email: diane@angelicpresence.com.au

Mob: 0407 790 457

Joy Nicholson - ISET

Ph: (03) 6243 5383

Mob: 0415 416 168

joynicholson@aapt.net.au

Brenda Sutherland - The Awakening Group

www.awakening.com.au

Email: info@awakening.com.au

Qld Ph: (07) 547 11205, Fax: (07) 547 11206

Mob: 0411 516 185

Dr Patricia Sherwood - SOPHIA COLLEGE

Website: www.sophiacollege.com

Email: info@sophiacollege.com

Phone: (08) 9726 1505

Leonie Blackwell

- The Essence of Healing Institute

Website: www.essenceofhealing.com.au

Em: leonie@essenceofhealing.com.au

Ph.: (03) 5625 4466

Mob: 0438 254 466

Linda Koen - Source Centre

Website: www.lindakoen.com.au

Email: linda@sourcecentre.net.au

Phone: 0409 770 168

Stephanie Egan - Natural Energies College

Website: www.naturalenergies.com.au

Email: study@naturalenergies.com.au

Final Thought
FOR THE MONTH

"Self-acknowledgment boosts your emotional and spiritual immunity, giving you the strength you need to release the past and rise above fear, doubt or resignation." Debbie Ford

