

A DIVINE JOURNEY OF SELF LOVE

Heal Your Life

A powerful and transformational course based on the Heal Your Life philosophy of world-renown author and self-help pioneer Louise Hay

I would be honored to be your guide on this Divine Journey of Self Love. No materials are required; you have within you what you need. The pieces of your perfection will be gathered during this 8-week virtual course. Self love gives you permission to "Shine your Light" and help heal the world. Love is the most powerful healing force there is. The real healing of loving yourself comes from within. As Louise would say, "Loving yourself is the most loving gift you can give yourself."

Taking this Divine Journey of Self Love, you will discover and experience:

- **Mirror Work:** Louise Hay's most famous tool, introduced throughout the world. Mirror work can create healthy self esteem, self approval, and self acceptance.
- **Reconnecting to your Inner Child:** By learning to listen to your inner child and loving your inner child unconditionally, you can liberate your creative and loving energy in your daily life.
- **Weekly Transformational Meditations:** Meditations can allow you to reconnect with your true essence and your inner strength.
- **Positive Affirmations:** By planting healing seeds of love, you can create positive changes in your personal and professional lives
- **Supplemental Material:** Love Yourself Companion Workbook

Virtual Course Details:

Facilitator: Michelina D'Addario

Date: March 04-April 22, 2021

Time: 6:00pm - 8:00pm EST,
Every Thursday

Cost: \$89.00

Note: Recordings will be made
available during the 8-week course

About Michelina: Meeting Louise Hay changed my life. I had the honor of meeting her at a conference in Toronto in 2012. Even then, deep in my soul, was a knowing that one day I would become a teacher of Love. In 2018, I became a licensed and certified "Heal Your Life" Teacher and Coach. In 2019, I was invited by Lucia Giovannini to join her staff for a Teacher Training of "Italia Heal Your Life".

My own journey of self love inspired me to get involved in missionary work and co-found "Spirit Moves," a mind, body, and spirit yoga program that provides education scholarships to children in Nicaragua.

I'm so excited to share my own experience, learnings, and the Heal Your Life methodology with you.

~ Love and Blessings, Michelina

*There is so much love in your heart
that you could heal the entire planet.
But just for now let us use this love to
heal you. Feel a warmth beginning to
glow in your heart center, a softness, a
gentleness. Let this feeling begin to
change the way you think and talk
about yourself.*



"I am at peace."
I begin
a new life
in this
moment!
I am having
a love affair
with life!
I have clear
insights that
assist me in
releasing the
past!
I greet the
morning with
joy and
enthusiasm!!!
I am
brilliant!!!
All is well in
my life!
I always have
enough money
to pay my bills
ahead of time!
I love myself!
I am a money
magnet!
My body is
strong and
healthy!!!
Every resource
for my healing
comes to me
easily,
effortlessly