

## Heart and Soul

Sharon Riegie Maynard: Answer these questions

Why are you here?

What would you like to accomplish that this workshop appealed to you?

What ideas or steps have you taken

WHAT is your Heart and Soul calling for to add thriving to your life?

Aydrey: An integrated modality with a plan of care for clients based their on whole'self needs.

Susan Therese Guide Your Spirit: To be fully present with the expansion of Guide Your Spirit and co create the Sanctuary spirit is calling me to bring forward

Arleigh: I want/need a framework for getting this info/healing out there in a way that suits me.

Aviva Stein: I want an idea for a (what will start as a side hustle' that I can follow through and 'birth'). I want this to make make the world healthier - Maybe energetically. I want an idea to hit me like lightening.

EmmaDeva: Marketplace as Interesting engaging work that give my life a structure, that contributes financial abundance, and keeps me in contact with community while benefiting others

Angelique Boas: I would love to create in service and in alignment with Nature. This fills my heart and feds my passion. It can be in many different ways. In this moment I am working to regain balance in my physical and emotional body. Love to offering and sharing my private sessions and art and teachings to others

Deborah Mangis: I'd like to bring forth joy and enthusiasm for life. Currently, my healing work and everyday activities of life feel like chores. I also want to accept that spiritual healing work can bring financial reward. Currently, I feel I need to make money in a job, and do spiritual healing work for low, to no pay.

Orlantha: I would love to learn about the competitive field of real estate investing so I can have financial freedom and more time to spend with family and practice medicine on my leisure time all the while helping other families, especially those with children

Sharon Riegie Maynard: Answer these questions:

How deeply do you believe in its value? 1 to 10

How deeply are you committed to bringing it into form? 1to 10

How deeply do you believe in you, that you can do this? 1 to 10

Tara: To co-create a transformation into my highest good of healing others holistically and spiritually in a way that makes me and my patients happy, healthy and fulfilled with wonderful success for my business while providing me financial abundance to travel the world and build more locations of my business to heal others in other locations. Also a full awakening of my spiritual gifts so that I may apply this to heal those who come to me. I also need a way to make money now to get by while I build this new business so I can leave my current job where I am not happy.

Sharon Alexander ~ Mountain Wisdom Wholistic Health LLC: As someone who's worked in the field of "whole health living" for close to 3 decades, I'm now pausing. And looking at ways to continue without being the only one doing it all. To find others to share the journey with. At this point, I'm listening. Listening to you, to spirit, to others, to myself. Giving myself space to have what is quiet under the surface start to bubble up as a refinement of what I've been doing, or as my next "career". As I "rest and ruminate" I'm also wanting to establish a long term supportive community around me. Comprised of those open to bouncing ideas around, to gain feedback from, to create and grow together. A network of conscious women claiming sovereignty and stepping forward to expand the energy of "all good" across the planet. Each doing our part to release limited energies and reclaim good. Whew!!!

Sharon Riegie Maynard: Here is a Reality Statement: I have the courage and tenacity to bring my WHAT into forms to share and to thrive.

Sharon Riegie Maynard: Answer these questions  
What is your Presence.... values  
Take on your value, your super gift  
What value will your WHAT add to in individual's life?

Sharon Riegie Maynard: My gifts from the unseen are formed in multiple ways that empower myself and lift those who are seeking.  
I bring my passionate mission into forms that serve and expand those who are calling for my gifts.  
Those who are hungry for the spiritual guidance I flow find me effortlessly.

Sharon Alexander ~ Mountain Wisdom Wholistic Health LLC: Sharon, I have a sense of my super powers I struggle to figure out how to get others to claim sovereignty and know there's only good.

Sharon Riegie Maynard: They are looking for what they need, not for what you can offer.

Arleigh: Create a safe space for individuals to explore life's possibilities of good and wholeness, and the will/hope/desire to expand and bring those possibilities into reality.

Sharon Alexander ~ Mountain Wisdom Wholistic Health LLC: I guide others to embrace, value, and trust their wholeness and work as part of a team working to erase the power of domination and return all of us to awareness of all good.

Angelique Boas: My quality is to clarify what is necessary as the next step on their Path and hand this over to them in the form of a powershield to work with (an art piece I create) or a private session to practice themselves with

01:55:24 Tara: Out of the box thinker with the ability to help others to see the good in things even through difficult times to raise spirits and hope of good to come.

Angelique Boas: I serve in my practice for three days a week in a row; the other days of the week I use for my physical, emotional and spiritual food and I join my life

Sharon Riegie Maynard: Reality Statement I have a spiritual team of support and guidance that meets with me regularly as we work together to bring the Vision into form.

Deborah Mangis: I Help create affordable living spaces that allow single women to live independently, in safe community where there is group support and caring and independence.

Sharon Alexander ~ Mountain Wisdom Wholistic Health LLC: I may also want to offer reiki to animals. Go figure! :-)

How we can take our vision forward?