

**Hello,
thank you for being interested in working on
Self!**

**I am offering Self Work Emails and Online
Courses to encourage and inspire you with the
ease of being within the comfort of your own
home.**

**Each email is to deepen your own connection
to Your Heart and Mind, Emotions and
Choices.**

**The Self Work is meant to be reflected upon
over a week to help you become more aware
and to help peel back the layers to find deeper
self truths.**

**These are to enlighten you, lighten you and
strengthen you within your journey!**

**Simple choose as many as you would like by
clicking on them.**

**By clicking on a subject, it will link you to my
email and we can arrange payment and your
Self Work Email or Online Course.**

Each Online Course also comes with an option
of a
45 min Video Call or Phone call at the end for
further clarity or explanation.

These emails and courses are simple and
affordable.

Payments accepted through-
Credit Card
PayPal
E-Transfer
E-Gift Card

Laura Haslen
Spirit Hands Healing