

WFWP USA: Self-Care Isn't Selfish : Creating the Life your heart desires

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For this month's Self-Care Isn't Selfish webinar, Liisa Freystaetter presented on "Creating the Life Your Heart Truly Desires," inspired by Karol K. Truman's book *Feelings Buried Alive Never Die*.

Liisa emphasized the importance of emotions in our lives, explaining that every thought and feeling leaves an energy imprint, and life reflects back what we hold as beliefs. Healing from difficult emotions and experiences begins with **awareness**. As Liisa said, *"Awareness opens the door to change, and paying attention to any feeling of discomfort is important; discomfort is a signal, not a problem."*

During the webinar, Liisa introduced several guided scripts to help participants acknowledge and process their emotions. Attendees were amazed at how these simple exercises created a sense of **change and hope**.

The second script focused on **"Accepting and Trusting Myself,"** while another guided participants in navigating difficult relationships. Liisa reminded us, *"Through this reflection, relationships become our greatest teachers."*