



## OUR MISSION

*"If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime."*  
*-Ancient Chinese Proverb*

Our intention:

### ***To teach the individual-***

Emotional Awareness tools to foster peace, serenity, and calm, leading to personal growth, improved relationships, and a greater sense of well-being.

### ***To empower the individual-***

To build ***their own*** supportive community where they can both offer and receive support while practicing and refining these emotional awareness tools.

Heal with us...  
Heal yourself...  
Heal the world...