

Diane Trieb is a writer and teacher of Heart-Centered Empowerment. She has practiced counseling and facilitated groups for over 40 years, and is an ordained minister from the Seminary For Spiritual Peacemaking. Her desire is to understand the human - being condition. This desire has taken her on a most wonderful and challenging journey of discovery...on which she has come to realize that there is power in both Human and Being. Understanding and integrating human and being...births the Whole Hearted Human Being – who is able to remain centered in the face of unhappiness - because she

"Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of Love....and then, for a second time in the history of the world.....man will have discovered fire."

--Pierre Teilhard de Chardí

EMOTIONAL WELLNESS
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Empowerment Groups

*Deepening Our Relationship With
Love*



**Women's
Empowerment Group**

Monday, 6:30-8pm

**Men's Empowerment
Group**

Monday, 4:30-6pm

Cost: \$75

Empowerment Groups are offered in cycles of five consecutive weekly sessions. Payment due at the first session.

As Human Beings...we have these desires in common:

- We want to feel safe.
- We want to feel loved.
- We want to feel connected.

As a member of the Empowerment Group, you will experience feeling safe, loved and connected, as you relax into the group circle, and we explore the following topics:

- How to feel safe in your body by way of voicing the whole truth of who you are.
- How to feel safe in your body by way of Loving each voice that you are.
- How to dialogue with - and how to Love - your wounded inner child...as no one else ever has.
- How to claim your power as a Sovereign Human Being...who has absolute authority over their own state of being.

As you participate in the Empowerment Group experience, you will begin to benefit in the following ways:

- Feeling that you are not alone in your challenges.
- Feeling deeply listened to.
- Feeling safe.
- Discovering your own strength and resilience.
- Deepening your relationship with your innate wisdom, guidance, innocence and joy.



As a result of Empowerment Group experience...you come to realize that:

- You are the source of your own safety.
- You are the source of your own fulfillment.
- You are the creator of your own life.

Most of us believe that our relationship with Love centers around getting love from others...thus making others our source of fulfillment.

We have forgotten that we are the Source of Love...and that we are the Source of our own Fulfillment.

The power to Love...without condition...lives within each of our human hearts.

When we learn how to harness the power of Love within...we experience the joy of becoming an Empowered Human Being.