

Before I came to Spirits Landing, I was stuck in a rut, unaware of the totality of who I am, my gifts and what I offer to others. I was going through the process of doing the same thing over and over and over again with work, myself, and within my personal relationships. I was getting some results, but they were far from the ones I wanted and I just found myself unhappy and unfulfilled.

I grew up in a household that really emphasized intellectual development. There wasn't a lot of discussion or insight regarding other areas. I wasn't even fully aware of any other interests that I had because everything was centered on education. So going into adulthood, I thought I would have it all together if I was just smart, and while that is definitely a benefit, that is not all.

I knew that I wanted to do something different. I had to do something different. Nobody around me understood what I was talking about so they couldn't guide me. I understood some things, but only on a surface level. I thought change meant that I had to just change what I was doing. The change would come from the outside, meaning that I had to just change my habits or change my routine to get the results that I was desiring.

Spirits Landing met me where I was and helped me on the process of changing my life by evolving from the inside out. I have started on the journey of becoming more aware and intentional of my physical, emotional, social, and intellectual development. It has definitely been a process, not an easy one, but worth it.

I feel that I have more depth about myself and am aware of the things that I desire. I have boundaries that I honor. I had a very difficult time setting them previously. I was getting so bombarded with imagery and things on television and in social media that I could feel myself becoming more distracted, more judgmental of myself and my process and just less productive in general. My work at Spirits Landing has helped me redirect that energy back towards the things I want.

I believe the journey to knowing yourself is an important one. It is not an easy one. I can't emphasize that enough. But for every breakthrough, every growth, every level up, you become more and more enlightened and empowered and equipped to do, be, and have more. It doesn't matter who you are or where you are in life. Spirits Landing can equip you with the internal tools to live out a reality you were never even aware was possible... I know it has done and is doing that for me.

Sincerely,

*Bridgett Henry*