

Witnessing my clients connect with what is real and true in their creative core is why I do what I do.

Creativity is lifeblood for me. Art in various forms - sketching, painting, art journaling, poetry, and more are important parts of my daily and weekly rhythms. It's accurate to say I am in a long-term relationship with art as I explore the landscape of my life in recovery.

Everyone has an inner artist, and I believe creative expression is an essential tool for navigating life. I encourage the people I coach to connect with their creativity so they can discover how to better regulate their emotions, integrate their past experiences into their present situation, and find a deep sense of inner peace.

I also love working with people on boundaries - and we can all use some help in that area from time to time! Healthy boundaries allow us to connect with our personal authority, and to grow into the person we are at our core. It wasn't until I was IN recovery that I discovered what healthy boundaries look and sound like!

The soul of what I do begins with a fresh perspective on spiritual grounding - what I call a 21st century spirituality. Chakras, meditation, shamanic journeying, ensouling, astrology, lunar rhythms, alchemy, are some of my practices. I am rooted in nature, connected to the elements, and always aiming for spiritual evolution.

I'm glad you're here. Each month I'll share on various topics related to art, spirit, and recovery practices - like developing recovery capital, discovering the inner artist, and how to deepen our soul's journey. Let me know how I can best guide you - through coaching, boundaries, recovery ally information, spiritual or creative guidance, nature connections, or my signature coaching called Soul Gardening.

Laura

