NEW BEGINNING HEALING INSTITUTE
We Believe Every Woman And Girl Deserves A Positive Self Esteem.

New Year's Blues

“You Don't Have to Feel like It Do It.”

A confused mind does nothing! It’s now mid/end of February; and this is the time when it’s tempting to abandon our goals. Let’s face it— it can be overwhelming.

I am reminded of this in my own recent experiences, particularly last week Saturday. I had been working on episode number 11—“Grief: What It Does & What You Can Do.”
I decided to change the time and location of the Podcast, given the sensitivity of the topic. In my preparation and changes, I became fully immersed.

Well.. on the day of the podcast, a plug was missing and after going live for almost 2 hours, the podcast did not record!!!

Get this, there were more people who joined live globally than ever before; AND could not hear anything. Embarrassed, mortified, etc. I felt devastated over the weekend! I thought, ‘I am not doing this episode over again!’
But, I meditated that night and that weekend . I had to step back so I could see and hear what was in my heart.

A gift emerged! The next day, a wonderful woman who I went to college with, who was my R.A. (Resident Assistant) saw the post for the episode

and said she was sorry that she missed it and began telling me about her own grief. Wow!

We connected, of course! I explained to her and the precious viewers who had joined what happened. **(See video below)** My college colleague now will be my guest this Saturday!! I will be doing this episode again :)

What did I learn? I learned a few things:

1. Disappointments will come even when you do your best. (Acknowledge your feelings)
2. Step back and pause for clarity (Identify & Explore with out judgement)
3.Cultivate being patient (become curious)
4.Keep giving your best in your endeavors (aim for excellence within yourself)
5.Believe in what you are doing no matter what
6.Your doing is not only about you—it's for others
7.Keep going!

P.S. Thank you for being part of this community! As always we are privileged by YOU!

One love!

Read the whole story

Stephanie Cimino

This was week one of our women's group. Stephanie did such an awesome job talking and bonding with the ladies of the group.

Stephanie & Keisha

You probably can sense our excitement and gratitude in this picture.
We were creating together with the women communication rules to that we have a safe space to share, learn, and grow!

Women's Group Session Updates

If you want to learn a little more about what we covered, click the link.

What's Coming?

Girls' Teen Group

So, they are our future! We have had the pleasure of working with quite a few in the last 5 years in this community.

Recently, they have been telling me to do this group.

The answer is YES!!

We want to continue to support their growth; and help to properly shape their future decisions to be healthy ones.

More information and registration coming by the end of March.

Stay Tuned!!!! :)

********NEW TIME********

We continue to listen… There have been input by women from the NBHI Community about this group. They want this group; BUT, they shared that the starting time was too early. So, the new starting time will be 3-4:30 p.m. every 3rd Saturday of the month.

This group is for women who want to have healthy social relationships, especially after having done “the work” and want to maintain their healthy and newer boundaries that they have created.

Oftentimes, when new, healthy boundaries are formed, isolation and loneliness is a reality. Why? Because the unhealthy people are kept outside. So what do you do? Either lapse or relapse. We do not want that!! We want to support your continued growth. With that, this group is open to you.

Please note we do not charge for this group; however, we ask you to consider a donation of $1-5 per group to cover materials and hand outs. Once you sign up, you will receive a link for the Facebook group associated with this group.

The next date is March 18th. Click on the **“Call to Action”** button below and sign up! See you there!! :)

Call to action

Call to action

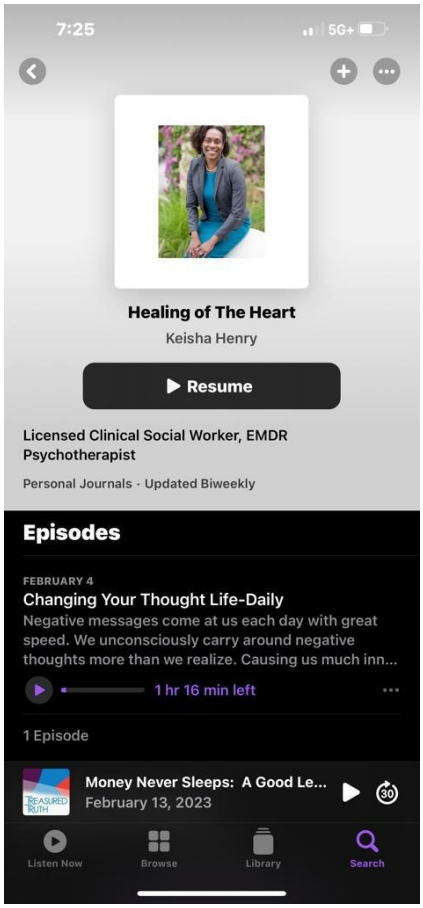
SPECIAL PODCAST EPISODE

"GRIEF: WHAT IT DOES & WHAT YOU CAN DO?"

Please welcome Roz McCaleb, my honoured guest this Saturday at 6 p.m. Grief is felt by many of us, yet experienced in unique ways. By now this community knows that “sharing is healing.” This is why the women's group is so powerful. This community has that kind of capacity. I hope you will join me this Saturday and connect with, Roz and I, as we connect on this tender topic of grief as she shares her own grief journey.

******Link Below******

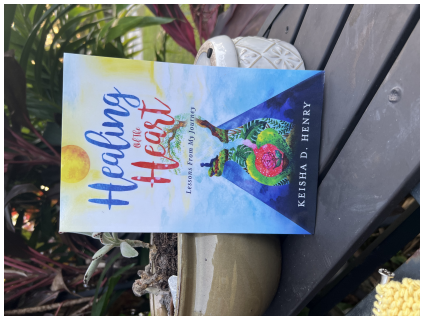
Call to action



Apple Podcast

Guess what? I am so pleased to share that Episode #11 “Changing Your Thought Life-Daily was posted on Apple Podcast. This episode had the most downloads and listenership. "Flaws and all.” Please help me celebrate and share. :)

https://podcasts.apple.com/us/podcast/healing-of-the-heart/id1650275907



Healing of The Heart

Thank you, thank you, thank you!

1. For allowing this book into your heart.
2. For sharing it with others
3. For the feedback I have received from so many of you!

I am at a loss for words in this section--to be honest! This book released late in December; but once again, I am reminded about what I often teach: “there is no linearity” in anything. I continue to learn and grow. I have given away several copies to girls in churches and social organizations. Why? I think you get this :) :) I hope that you will continue to share with book with others if it had an impact on your life. The link is below should you feel a “nudge.”

https://healingoftheheart.co/

POETRY CORNER

"THE DEEP"

I want to be with my thoughts…
I don't want to write or to talk.

Right or wrong…
Where did those words come from
I am sure we missed their real meaning…
Purpose or intention

I want to be free…
Free to exhale
Free to speak…

liberation beyond these borders of fear and confinement…

to lose the script of intimidation…
to go within and discover the rhythm…
mysteries, prehistories, my plan

I am called… I am selected
So I need to listen …
I can hope… I can dream

Judge me if you must.
Even you believed the hoax, the lie, the agenda…
To control is to steal your wonder… and mine, and hers….

Now is the time to go deep inside
Feel the pounding of the heart…
The smiling of your soul…
The flutter of your emotions…

Trust it, it will flow.

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https://nbhi-llc.org/poetry-corner/

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