

My Learning Community

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Your body speaks to you through the language of symptoms

Learn how to communicate with your body and heal naturally

I believe that self-awareness is an essential first step to healing. To engage in the art of Gemmotherapy you must first be in touch with yourself. It's like the art of cooking: it's not about the recipe, but about your understanding of how ingredients interact with each other.

On-Demand Foundation and Advanced Classes are available now by joining my Mighty Network Community. Your monthly subscription allows an unlimited access to on-demand and live classes and access to the only online Gemmotherapy materia medica.

Join My Gemmo Community Now

Learn to establish a foundation of healthy living for you and your family (and if you so choose, for your clients) that will last a lifetime. My classes are designed to support you in welcoming in a new way of living.

I believe we all have the capability to become our own healer, so my classes are for anyone interested in learning this path for themselves, whether you wish to heal your own body, your children, or your clients!

In your studies, you will learn that symptoms have a root cause and from these root causes, primary and secondary symptoms develop. Symptoms from childhood that were suppressed do not go away, but simply morph into more serious inflammatory conditions. What will begin to unfold is an understanding that we must look at the entire system of how to heal the body, rather than singling out one symptom from the other.

The reductionist framework of healing dominates both conventional and natural health care models. Unfortunately, this limits our capacity to fully heal. I will expose you to a different model with a true holistic lens, which will then allow you to see the interconnectedness of symptoms and trace them from their current expression to the point of origin.

Once we know how everything interacts, we may then follow a particular order of processes that leads to sustained and fundamental healing.

Want to deepen your studies even more?

Join my 10 month mentorship program- Unlearn to Serve!

A guided program in personal growth that encourages you to cultivate equanimity for yourself so that you may extend it to others.

THE NEXT APPLICATION PERIOD BEGINS JUNE 2022

This Mentorship program is a personal growth experience to deepen your relationship with your own healing and explore how that impacts your work with others. It is not an opportunity to learn more facts about Gemmotherapy – after all, having taken all of the previous classes in order to apply, you have a solid foundation for the facts.

The purpose of the Mentorship program is to meet you exactly where you are, tapping into the tools you have and the ones that can be further developed. We will focus on self-awareness and self-care practices that will allow you to move into the role of caregiver instead of caretaker. This will provide space for you to examine your relationship equation with clients and significantly shift the healing paradigm.

When we are healthy and well-resourced practitioners, we can show up and offer support from a much more aligned place. Caregiving demonstrates healthy boundaries while holding space for growth and guides clients to heal themselves with powerful questioning. This Mentorship program supports you in becoming the most grounded healer possible so that you may then demonstrate that same kind of inherent healing property we all possess.

Once again returning us to the truth that we are all born to be our own healers.

What Unlearn to Serve! will offer you:

**INCREASED
SELF-AWARENESS
EASE IN ACCESSING
YOUR INNER GUIDANCE
CULTIVATION
OF YOUR UNIQUE
HEALING STYLE & VOICE
UNDERSTANDING OF
HOW TO BE A SERVICE-
ORIENTED LEADER
A COMMUNITY OF
LIKE-MINDED PEERS
GUIDANCE & MODELING
OF ESTABLISHING
COLLABORATIVE RELATIONSHIPS
A REALIZATION OF &
ABILITY TO LISTEN TO
YOUR INHERENT WISDOM
A MORE PROFOUND
COMMITMENT TO PERSONAL
DEVELOPMENT**

**AND ULTIMATELY... A DEEP SURRENDER TO YOUR INNATE
CURIOSITY**

Expectations of you in return:

**A COMMITMENT
TO YOUR SPIRITUAL &
EMOTIONAL GROWTH**



**YOUR ENGAGEMENT IN A SUPPORTIVE
RELATIONSHIP WITH PEERS**



**YOUR FULL PRESENCE & ATTENTION
AT ALL SCHEDULED SESSIONS**



**A COMPLETION OF
REFLECTION HOMEWORK**



**ONGOING CONTRIBUTIONS
TO YOUR COURSE PROJECT**



**A SHORT PRESENTATION TO
THE GROUP ON JUNE 22 JUNE
& SUBMITTED BY JUNE 28**

- **A COMMITMENT
TO YOUR SPIRITUAL &
EMOTIONAL GROWTH**
- **YOUR ENGAGEMENT IN A SUPPORTIVE
RELATIONSHIP WITH PEERS**
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Meet your guides:



Lauren Hubele

Hi, I'm Lauren!

I'm on a mission to reclaim the word health, and bring it back

to a place of remembering that we already have within us everything we need to heal. I believe the way people are caring for their own bodies today is not sustainable and that our system for caring for these bodies when they become diseased is broken. The answer isn't difficult or complex. It requires doing things a little differently and using what nature has already given us as the most beautiful reminder that the healing powers we seek are already present in our bodies.



Lois MacNaughton

Hi, I'm Lois!

My passion is helping those I work with achieve true transformative change in their lives. I work with people that are experiencing transitional influences in life and are in need of finding new and successful ways to approach their challenges. I develop personalized coaching programs for each client to help them build new abilities to achieve their desired outcomes. I challenge my clients to examine how they are approaching what they have come into coaching for and what they are willing to do for themselves. I am there to support them as they stretch and grow into their new way of being.

Logistics:

ADDITIONAL BENEFITS

In addition to the group sessions outlined above, you will also have access to:

- Enrollment in two Case Management Series
- The most current Restoring Immunity Series recordings

COURSE PROJECT

As a way to complete our time together, you'll present a course project in June, which will be a reflection of your transformation and documentation over the 10 months. To be presented as a creative endeavor using collage, painting, poetry, journaling, art journaling, photography, or video to support the process of allowing what is in the moment and inviting growth.

Project due by June 28, 2022

1 ON 1 SESSIONS

While learning and growing within a community is a major component of this program, we also recognize the power of being able to process one-on-one. Each mentee will have the opportunity to partake in two (2) 1-on-1 sessions.

Topics we'll explore together:

THE ROLE WE PLAY
IN OUR RELATIONSHIPS:
CARETAKER VS. CAREGIVER
YIN/YANG:
BALANCING ENERGIES
SELF-COMPASSION

TAKING SOMEONE UP TO
ALLOW VENTRAL ENERGY

HEALTHY BOUNDARIES

ENERGY STATES:
RESOURCEFUL/UNRESOURCEFUL
UNDERSTANDING OUR OWN
AUTONOMIC NERVOUS SYSTEM

SENSE OF COHERENCE

RESILIENCE

Investment

\$1200

(payable in two payments | 50% due upon acceptance and balance due prior to first mentorship meeting | includes all group sessions, 1-on-1 support, and access to Case Management and Restoring Immunity Series)

Enrollment limited to 10 participants

Prerequisites to apply

Completion of Foundations of Gemmotherapy or Restoring Immunity Series

Active enrollment and participation in Case Management Series

Continued learning through completion of several Advanced Topic Classes