

## Self-Care Isn't Selfish - Find the God Within

Myrna Lapres  
October 4, 2022



# Self-Care Isn't Selfish: Heal Yourself, Your Family & the World

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**Coach Myrna--October 4, 2022**

[www.coachmyrna.org](http://www.coachmyrna.org)

## Self-Care Isn't Selfish

All of us have people in our lives that we do our best to care for. Many of us are in the habit of putting ourselves last in terms of caring for our own needs. I work with a group of coaches who host a monthly webinar entitled, "Self-Care Isn't Selfish." Most of us are also members of *Women's Federation for World Peace* and feel inspired to combine our healing work with the vision of **WFWP**: *Women working together to establish a culture of heart in the family, community, nation, and world in order to achieve genuine and sustainable peace under God.* If you would like to know more about WFWP, visit their website here: [www.wfwp.us/](http://www.wfwp.us/)

The reality is that all of us, especially women, mothers, and grandmothers, find it hard to give themselves permission to take time for relaxation, meditation, visiting with friends, exercise and more. These webinars give education, tools, and skills to support everyone to take better care of themselves and those they love.

The guest speaker for September, **family coach Kendra Stein**, said that we need to understand the difference between Self-Care and Self-Love. She said that no matter how much time we spend on pedicures, vacations, and lunch with friends, we need to understand how to connect with God/a higher power to ***Find the God Within***. Sharing her own personal journey of discovering self-love, Kendra guided participants to look under the masks that we wear to hide our pain and wounding and begin to heal and re-parent ourselves by gaining awareness, seeking help, and getting curious instead of angry. You can watch the presentation here: [youtu.be/851HrswCQGg](https://youtu.be/851HrswCQGg)

October's webinar will be on Saturday, October 15 at 10 am PT/1 pm ET. Our guest speaker will be Hanka Musilova, certified Emotion Code practitioner living in the Czech Republic. Register here: [tinyurl.com/Oct-Self-Care](https://tinyurl.com/Oct-Self-Care)



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## "Emotion Code & Body Code"

Sat., October 15, 2022 10-11:30 am PT

**NOTE: NEW TIME**



**Hanka Musilova** from the Czech Republic returns as a guest presenter to share about the tools of Emotion Code and Body Code. The mother of seven beautiful children, Hanka is a certified Emotion Code and Body Code practitioner through Dr. Bradley Nelson.

To purchase my book on Amazon, click here:

[tinyurl.com/7-Gifts-to-Give-Your-Child](https://tinyurl.com/7-Gifts-to-Give-Your-Child)

*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/) Find out more about Safe Conversations [www.coachmyrna.org/safe-conversations.html](http://www.coachmyrna.org/safe-conversations.html).*

