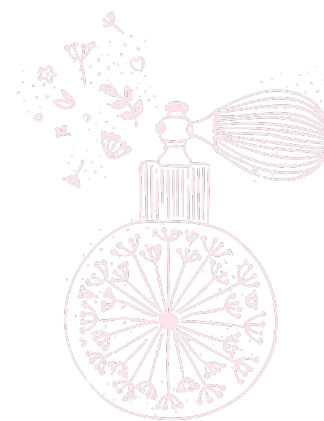
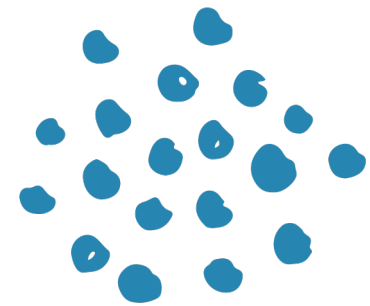


**Are you secretive,
silent, and judgmental
towards yourself?**





36 years Experience
based on the latest
scientific research &
Ancient Teachings

Learn how to
direct your energy
to be active,
radiant, and giving

Olfactory medicine &
Flower & Plant
healing

Breath Work

Brain, Heart & Gut
Health

Connecting all the bodies

Incorporating mental and emotional
wellness to develop self-
confidence & knowledge

Movement
Massage

Formulation

Story
Telling

THE LORRIE METHOD



What is Shame?

Psychology Today says, “Shame is an emotion that involves negative self-evaluation—believing that something is wrong with you as a person. You may believe that you haven’t lived up to certain standards and feel unworthy or inadequate as a result. Shame often operates outside of conscious awareness, making it challenging to identify and overcome—but healing and growth are always possible.”

