

I was given the gift of the house of Heart and Tammy in the spring of 2015. I am not the same person I was because of this workshop. I wish everyone could experience what I felt and learned that weekend. The ceremonies are sacred and life changing. The healing and love I received that weekend is difficult to put into words but changed my core beliefs about myself and others as a whole.

My entire life I was always trying to fit in, do better, be better, do more, be more and trying to accept myself. I was taught I had to earn love, I wasn't enough and I owed everyone something. I was taught these beliefs by my family, friends, school, religion, and society as a whole. I slowly lost myself along the way and I turned to outside sources to make me feel whole and complete. I felt like I had ruined my life because of destructive choices I had made and I was sure I had ruined my two daughters as well.

The workshop assisted me in healing many of these wounds that I carried deep inside my heart and soul. The workshop taught me I am enough and we are all on our own journey. I was able to forgive myself and my family for the beliefs they gave me. I realized my family was only doing what they were taught and didn't know any different. I was able to let go of a lot of guilt and shame. I was able to just breathe and to just be me for the first time in a very long time or maybe ever.

Today, I am able to see all human beings as God's children and we are all on our own journey. I am able to give and receive love without expecting anything in return. I am able to love, accept and forgive myself and others today. I feel like I belong today and I am comfortable being me for the first time in 48 years. Today I know I am perfect just the way I am, I matter, God loves me no matter what and the world needs my love and light. I am enough.

Tammy has an amazing gift to heal and help woman. She is willing to help anyone who reaches out to her for help. I believe there are angels on this earth and Tammy is one of them. The unconditional love, light, peace, forgiveness and true beauty she radiates is beyond words. She is so special to me and holds a special place in my heart. Just hearing her voice brings me peace and warms my heart. She created the house of Heart as a sacred space to heal and help woman, to help woman step out of the darkness and into their light, to own their voice and to be their true authentic self.

The house of Heart workshop was life changing for me and I am eternally grateful for the gifts I was given to attend the workshop and for Tammy. My HEART is full of nothing but LOVE today.

Debbie H