

Darkness To Wellness Community Chat

Donation Only

Suggested Donation: Whatever you feel called to investing.

Donate Here:

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How Does the Community Chat Work?

Upon joining the zoom, Stef will guide you in a quick guided meditation to help open your third eye, crown chakra, and bring you into the present moment. Stef will then provide two journal prompts. This is time for you to quietly write out your thoughts in the moment. Stef will then talk about the topic. This week's topic is *Honoring Your Authentic Self and Values*. Stef will open the floor for the community to share.

I highly recommend private messaging anyone who you feel called with and see if they are willing to exchange social medias to help build a circle of people who are on the same wavelength as you.

Remember, energy is everything! When you are surrounded by those who lift and empower you, you raise your vibration, when you raise your vibration, you level up into that version of yourself that you dream of.

Guidelines:

Everything is confidential.

Please be mindful of others and their experiences.

There may be a full zoom call, please make sure you are mindful of time by letting others share.

This is a safe space. It is highly encouraged for you to share. This is not a therapy session. If you are interested in life coaching Stef and she will help set up a session for you.

Stef has the right to remove you from the group if you become hostile or break any of the guidelines.

Zoom Link:

Stef is inviting you to a scheduled Zoom meeting.

Topic: Community Chat

Time: Sep 2, 2023 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://tcsedsystem.zoom.us/j/96124126738?pwd=MVJVSmViM2NvVjZ3U2IrNTBBVEsxQT09>

Meeting ID: 961 2412 6738

Passcode: 99900!

One tap mobile

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- +1 305 224 1968 US

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