

If you are anything like me, falling in love with my life and who I am at my core was not an easy task. My childhood had me well-prepared never to acknowledge myself and to put my own needs aside. I remember a time in my life when I felt so much shame, unworthiness and powerlessness I did not think I could go on with my life and several times I wanted to commit suicide. I was always looking outside of myself for approval. When everything was falling apart around me, I hoped someone would come to my rescue. What a long and painful path it was to claim my worth and love each and every part of myself into wholeness.

Today it is hard for me to imagine that I ever had a thought that was attached to a belief that was attached to an emotion that I was not good enough and that I used to make choices that reflected that belief.

My life's work has been to undo all the old conditioning, old beliefs, and to heal my emotional core-wounds. Through this work, I achieved a high level of self-mastery which I have been able to pass on to many others through my retreats and personal sessions. I enjoy facilitating such events so that others experience a deeper and truer connection to who they are and how extraordinary their life can become at any age.

Kornelia Stephanie



Hello Tribe,

Are You are ready to take the reins on your own healing? I have learned that giving my body the space it needs, by creating the right environment, that



healing of the physical body can and does happen. I have seen this time and time again in my personal sessions and my retreats. This time **we are going to Thailand** and we have the most amazing environment to receive us at [**Absolute Wellness Resorts.**](#)

Will you take your body to be the host for **spon·ta·ne·ous** healings to happen? Then, go to Thailand with me in October!

What can you expect?

Wealth is in YOUR Health Retreat and will liberate the physical body, allowing you to experience optimum health and well being. Our Physical Body, our Emotional Body, our Mental Body, and our Spiritual Body are the four energetic bodies which are part of our human and spiritual existence.

Read more about what is included and more about this all inclusive Wellness Retreat for the body/heart and spirit. [CLICK HERE](#)

Thanks so much for being here!

*Love always,
Kornelia*

You can be healed, whole and free at any age. Here's my client Bob Skeele, who is 92, talking about how he came alive again!



Handle The Lump with Kornelia Stephanie on Lady Boss with guest Dana Theriault

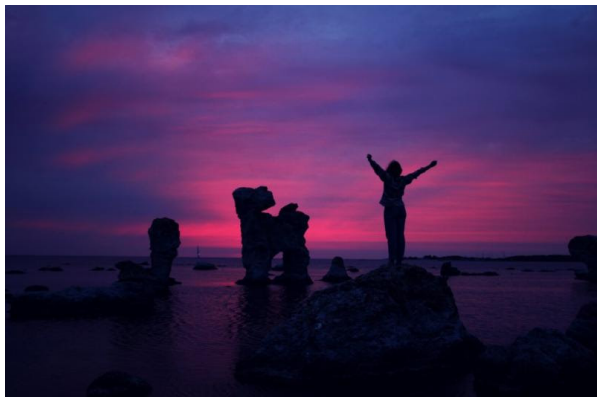
Breast cancer can be a portal to your true power if you let it be a message of love and call to consciousness. It is a true 'call of the wild' because cancer is unpredictable and more about your life than the lump. Beyond

intervention, surgery or otherwise, cancer is an invitation to take charge and lead in the treatment and transformation of your life.

Dana's life before, then, and after a date with the Doc on Valentine's Day, will never be the same. Her hope is that what happened to her never happens to you or your loved ones because it doesn't have to. #ComplianceIsNotPrevention.

Dana talks about how to be healthy:

- **HEAL-THY-SELF**
- Become your own MD: Medical Detective
- Fully express yourself with ease because breast cancer does not have to be every woman's disease



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