

# NEWSLETTER

MAY 2024



My beautiful young mom

“Happy Birthday sweet momma  
Happy Mother’s Day sweet momma

I can smell, hear and feel you  
when I close my eyes and follow my breathe

You are with me -  
like I was 11 and you were 38

We are the same in my heart’s memory

Tears still roll down my cheeks  
We know how to release the sadness  
We heal We thrive

All of us carry you in our hearts,  
even the littles you never met here on earth -  
they know you”

May is dedicated to my mom.

I’m grateful for being a work in progress. For evolving, growing and learning.

Loosing my mom at 11 isn’t what happened to me it is apart of me. I quickly created parts to protect myself, to provide safety and survive. Not always easy. Lots of growing pains. It is my journey. Its my calling and purpose to share everything I’ve learned along many bumpy roads, deep ditches, ruptures and pleasure in the raptures and highest of rises.

The women I work with come seeking to uncover, discover their self concept and self actualization. They courageously come to meet their barriers and engage their feminine power. These women want to elevate, rise, level up and own their worthiness.

If you are one of these women,  
I’d love to meet you.

## COACH WITH NICOLE

I offer 1:1 coaching (the beautiful brain) and Ishtara Body Alchemy (the beautiful body). Come and receive the whole journey, the whole transformation, the whole healing. Set yourself free!

This transformative journey dives into the profound shifts that occur when we come together in the safety of a container. We'll explore how to break free from old patterns that hinder our self-worth, authentic power, and capacity to receive and give love. Through deep work within the body, we'll address old stories and beliefs, behaviors, and their impact on our energy, relationships, love, money and personal worth.

**Become your own healer in June's 6-week embodiment course called Ishtara Body Alchemy.**

**The journey promises to be decadent, soul-nourishing, and immensely enjoyable.**

**This opportunity is designed for women who are ready to journey deep into their bodies, challenge their minds, and awaken as empowered architects of their destinies.**

**Are you ready for:**

Greater healing, love, and connection?

Enhanced confidence and clarity?

Increased agency, autonomy, and freedom?

Heightened creativity and self-expression?

Accelerated progress towards your visions?

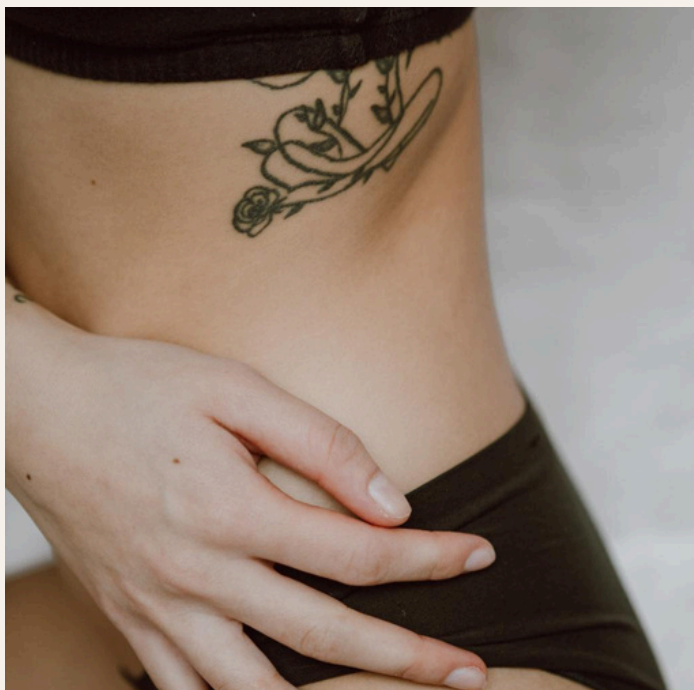
More magic, playfulness, and moments of triumph?

Greater alignment with your purpose and calling?

If so, I can't wait to share more with you.

**It's time to awaken!**

**Heal so you can hear what's being said without the filter of the wound.**



**Become Your Own Healer  
in June's 6-week embodiment course  
Love your body. Own your power.  
Discover your true self. Set yourself free.**

**Next Ishtara Body Alchemy Class  
(zoom)**

Tuesdays June 3, 2024

3pm - 5pm MST

(6 consecutive Tuesdays)

**Free Intro Class (zoom)**

May 21 @ 4pm MST

May 25 @ 12pm MST

**Register at**

<https://www.ishtarabody.com/nicolecameron>