



Sovereign Self
Monday at 3 PM Pacific
September 14th 2020: A Diagnosis is Not a Life Sentence

Have you been labeled and stuck into tiny uncomfortable boxes that don't fit? Have you been told your mental "condition" will only get worse? There is hope! Join Zofia and Stacey Lemire as they explore the limits of psychology/medicine and the unexpected hope that is available in the term "incurable". Stacey shares her journey mental health and the lessons her struggles and her family's with mental health, revealed about what true wholeness is really about. Plus how you too can free yourself from struggle.

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Featured Guest



Stacey Lemire
On her journey to greater consciousness and abundant health, Stacey Lemire jumped into the wellness industry. For over 30 years, Tracey Lemire gained many skills and served the local community in a variety of roles. She started out as a licensed massage therapist in the mid 90's and became an authority on stress management and detoxification therapies and holistic healing consultant. She started teaching massage therapy in 1999, became a Certified Biofeedback Practitioner working with frequency medicine in 2006 and a neuro coach in 2013. She is also a Master NLP Practitioner and Certified Hypnotist. She loves showing people they have everything they need inside them to quiet the lower brain

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