THE LAB

Pay from the Heart Instructions

I want you to feel great about participating in this course: what you get as a participant, and what you give to me to sustain me in my work. And *I* want to feel great about it too!

In addition to being my passion, facilitating growth is how I make my living. I can't even begin to estimate the number of hours I have put into developing this offering! In order to be sustainable and responsible from a financial and energetic standpoint, it's important that I be in integrity with my needs as well as yours.

How does Pay from the Heart work?

First, decide if you are going to join us. Let yourself feel the possibilities of what this course can mean for you in this moment. Sound good? If so, welcome!

Second, if you decide "YES!", decide how much to pay for your spot. I understand what it's like to try to figure out what to pay when the choice is left up to you. It can be awkward...and it can also be a lifesaver.

Please know that I've been on both sides of this: I've had times when a Pay What You Can offer was the gift that allowed me to experience something I really needed or wanted, or gave me the nudge to try something I wouldn't have tried otherwise that changed my life, and I've been so grateful for the opportunity to pay the minimum amount. Other times, I've been in a position to pay the full rate or even more, and that feels amazing. I love being able to give from the budget and from the heart.

I trust that you, too, WANT to pay what you can. I also weigh the value of your feedback and energy very highly in considering what you are giving to me. Whatever you choose to pay, you can trust that I will bring 100% of myself to our work together, and I trust the same of you.

Some helpful guidelines:

$695 USD is my baseline, **minimum** request.
$995 USD is my **sustainable** price, and the amount I request you pay if you can.
$1295 USD is **generous** and helps to support those who need to pay less than the sustainable amount.
More than $1295 USD is **a thrilling surprise and delight**.

Note: Your payment does not cover your supplies, which you must order yourself (~$125 USD).

Food and Shelter: If you are in a financial situation where spending $695 on this program might mean you can't afford food, housing, or your other most basic necessities, you are invited to pay less than $695. I mean it.

I ask that you pay what you feels right to you when you consider your current situation, what you need, and what you want to give.

Wish this course just had a price decided for you? Pay $995. That's what the price would be if I wasn't doing Pay from the Heart.

Multiple payments: If you need some time to budget for the amount you'd like to pay from the heart, you can take advantage of the payment plan. Or, if you choose an amount and are inspired to pay more after experiencing the course, you certainly can. You'll receive a special link to add extra to your payment. What a wonderful surprise that will be in my day!