



# ease

embracing acceptance  
& sacred esteem

A course toward joy  
Patrice Donnell, Coach for Sacred Esteem

**Your body is the vehicle for the journey of your soul.** However, pain from past or current challenges can make it hard to accept your path. When facing self-esteem issues, we live in a state of unease. But the truth is that God created us with an unconditional love that goes beyond the self. This **sacred esteem** is our eternal birthright. When we realize this, we live more at ease in our bodies, and our spirits can thrive.

**EASE is a course of five steps to help gently release what binds you, and honor what's been given to you. Living in God's sacred esteem, you can embrace your journey with greater lightness, wisdom, and joy.**

The ease approach is built on care, trust and non-judgment. With creative exercises, insightful conversation, humor, and healing meditations, you get memorable, transformational tools for life. As a fellow traveler, I'm honored to guide this course.

Blessings,

*Patrice*

Patrice Donnell, Coach for Sacred Esteem

**EASE is offered in 5 sessions, or 1 intensive day seminar. For more information or to register, please call 917-318-7631 or email [patricedonnell@gmail.com](mailto:patricedonnell@gmail.com)**

*I look forward to hearing from you..*



Patrice Donnell is a creative consultant, coach and award-winning writer who finds her deepest reward in encouraging creativity, joy and Sacred Esteem in others. Patrice studied Healing Touch for three years and facilitates Hands-on Prayer, spiritual retreats and small groups. She's written about the history of outstanding women of the Reformed Church in America, and designed numerous events for Marble Collegiate Church. She is currently writing a book on the mystery and power of forgiveness, and lives in New York City with her husband.

*"Gentle, wise, intuitive, and heart-centered, Patrice Donnell brings a deep compassion and creative approach to this topic so vital to any age. She creates space that is at once sacred, productive and life-changing." – Nina H. Frost, co-author "Soul Mapping"*

*"Patrice creates sacred, centering space to explore life's journey. Her accessible style makes it a joy to work with her. She is truly attuned to the Divine and helps others do the same." – Rev. Liz Testa, Coordinator for Women's Transformation and Leadership, Reformed Church in America*

*"Patrice's attention to detail and understanding the pain of others is unparalleled." – Shantale Maurice*

*"If I didn't have this group and Patrice's guidance, I would not have known how to get through my latest setback. She is truly a Godsend." – K, participant*

*"I no longer run from myself, my past. I can be present, and listen, and be guided by compassion. This is how EASE changed my life." – S, participant*

*"What Patrice is doing is fantastic. It's a thought inspiring group which lets one reflect, stay positive and always has God in the forefront." – Zoe V. Morris*

*"I personally received calm reassurance and helpful tools to work through difficult transitions of divorce, dating after many years, handling my teenager's self image issues and new career paths." – L, participant*

*"Until I took Patrice's class, I did not understand how much my negative body image was affecting my life. This led to a new way of dressing and expressing myself. I am eternally grateful." – D, participant*

*"There were moments of such great meditation and peace. If I was on the outside looking in, I would have given this group a standing ovation. Thank God I was in." – A, participant*