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How to isolate your voice from the voice of others and discover the real you - presenting the *Femindipity* method

by Dr. Laura Götz, founder of **This is your potential**

The aim in life is to become a balanced human being, with healthy doses of self-love, self-confidence, self-determination and self-awareness, in order to experience personal fulfillment and bring a positive contribution to society. Therefore, our whole lives we strive to find the SELF, a spiritual entity which lives effortlessly and in peace with the Universe.

After years of treating and coaching women go through all stages of life, I developed *Femindipity*, a personalised healing method that supports women in finding their true voice in order to speak their own truth and live by their rules, for the SELF can only manifest itself if we provide it the proper freedom.

We're all born with the SELF already inside our DNA. If we let it develop harmoniously, we will be in constant awareness of the SELF according to our present mental capacities. *Femindipity* relies on the theory that women have 7 developmental stages, each with its particular primary milestone. Thus all of us are actually the sum of these 7 women, all in different stages of development, and all of them work together to serve the SELF. Some of

them have been silenced by various external elements, but that does not mean they ceased to exist. Not being able to express themselves makes them suffer, and in turn the woman suffers as a whole (various bodily diseases come to surface as an expression of the spiritual or mental trauma).

Our female potential is the source of unlimited happiness and it is what drives the SELF. Allowing ourselves to truly live like women will open the gates to a fulfilled life. This means accepting our femininity on the three levels: body, soul/heart and mind. The *Femindipity* method uses various techniques to uncover any blockages that prevents a woman from letting herself be happy: introspective journeys, energetic healing, timeline, color and inner child therapy.

In conclusion, in order to live a fulfilled life, we must live in our truth as our true SELF. Our aim should be to find a balance between body/mind & soul development, which can be achieved only through systematic inner work, either alone or through proper guidance. We all deserve to be happy, healthy and free!

Keywords: freedom, femininity, self, balance

Bio

Dr. Laura Götz is a gynaecologist, holistic practitioner, speaker and best-selling author, passionate about integrating alternative mental health practices in modern medical treatment. She runs her own coaching business, **This is your potential**, which offers services such as psychosomatic counselling, birthing courses and stress management programmes. She helps her clients resolve issues such as low self-confidence, fears, anxiety (including pregnancy anxiety and fear of birth) inner conflict, limiting beliefs, light depression, chronic and psychosomatic pain. Laura lives in Germany with her husband and three cats.

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