

Vashti's HOUSE

Publishing House *Plus*

FALL JOURNAL 2024

Make yourself at home



WHAT ARE WE SELLING?

Experiences!
I'm using my experiences to create engaging products and resources to empower you to live mentally healthy and resilient. Our mental health affects our physical, emotional, and relational health and staying mentally healthy isn't as hard as it seems. - Vashti



Mama's Hands is a beautiful experience in mindfulness and gratitude- **A great gift idea for someone you love, yourself or someone else!**

DID YOU KNOW?

A new synapse in your brain is made through repetition? If you want to improve your health, don't focus on change, focus on gain! Just adding the fun, rewarding and healing experiences you need will have the greatest and longest lasting impact over time! .

GIVE YOUR MIND A CHANCE TO HEAL ITSELF



Put down your phone and practice contemplation

With the Portable Porch Series

JOIN US!

- OCT. 18TH** Emotional Wellness community workshop
- NOV. 9TH** GET FIT emotionally and mentally community workshop
- NOV. 10TH-12TH** Heart of the Valley Home and Garden Show
- NOV. 15TH-17TH** Portland HolidayMarket

Find out more @vashtishouse.com



has what you need and it's always open!

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HELPERS CORNER

**WE ARE HERE TO HELP SUPPORT YOU ,
YOUR CLIENTS, and YOUR COMMUNITY**

DO YOU NEED THERAPY? .



The Pick-Me-Up portable therapy booklets are the best therapy option for everyday and on-the-go!

IT'S TIME TO GET FIT

GROW YOUR HEART TRAIN YOUR BRAIN
A FITNESS PROGRAM FOR YOUR INNER SELF
WORKOUT MANUAL

GROW YOUR HEART TRAIN YOUR BRAIN
FITNESS PROGRAM FOR YOUR INNER SELF

GROW YOUR HEART TRAIN YOUR BRAIN
DAILY WORKOUT LOG

DO YOU NEED HELP STAYING MENTALLY AND EMOTIONALLY FIT EVERY DAY! This workout program is the first of it's kind, made exclusively to help you stay fit internally!

IT COMES WITH A TRAINING MANUAL TO HELP YOUR CLIENTS!



PROFESSIONAL DEVELOPMENT TRAINING and workshops focus on personal management of mental health care with the unforgettable **Vashti's House** flair!

FREE RESOURCES FOR EVERYONE AT VASHTISHOUSE.COM



A LETTER TO MY EGO **INSPIRATION**

Hello. I see you, and lord knows, I hear you. I hear you cry out in indignance when someone who knows less than you corrects you. I hear you scream when someone has something you deserve more. I hear your tantrum when you feel misunderstood or devalued. I live with the ringing in my ears from the last time you made yourself heard. I see you in other people, and I hope it's not that obvious in me. I see you telling them to correct me and belittle me. You tell others to remind me of who they are. Ego, you look awful on them. I avoid people who listen to you. They are hot-headed and quick to fight and correct. I see you lying to them, telling them, "If you don't act now, you'll never be taken seriously. and you'll look weak" Are those lies I see you telling others the same lies you're telling me when you remind me of how she misrepresented me, telling me she'll win if I don't set her right? What if she does win? What if I lose? Who are you protecting, you or me? First, you were my friend, filling my head with promises of a safe life. But, now that I look back, where were you? You don't numb the blows of life; you magnify them. You remind me of things I try to forget, telling me it's not over until I end it. I feel unrested when you're around. You always tell me to speak and not listen, to react and not reflect. Upon reflection, my heart breaks. It breaks at what keeping you fed has cost me. I have lost friends, publicly humiliated myself, and lost touch with myself. I've wasted so much time protecting you from others instead of being present with them. I don't want to be with you anymore. I want to be on my own, seeking the hearts of others, listening, and embracing vulnerability. I want to be present with those around me. I don't want to fight through your screams just to hear others. I want to be honest, open, and humble. I want to be brave. I want to be free. Ego, I don't want to be with you anymore.

By Corban Towers