Online event for women

A space for exploration, awareness, and direct seeing.

COMING HOME to yourself

Living without struggle

Dianne Horton & Sabine Brosche

COMING HOME

What you're looking for is already here.

Do you feel truly at home in your own skin?

Many of us believe we'll finally feel at peace once we lose weight, resolve a conflict, land a promotion, earn more money, get healthy, finish that project, or meet the perfect partner. But what if you didn't need to fix or achieve anything to feel at home within yourself?

Imagine feeling grounded, calm, whole, connected, and at peace right now—no matter what's happening in your life. What if coming home to yourself didn't require changing your outer circumstances but instead gently shifting your internal world?

This workshop offers a safe and intimate space to reconnect with yourself. We will support you in seeing old emotional and mental patterns and gently letting them go.

As these patterns fall away, you begin to feel more relaxed and at home in yourself. You may discover that all is well just as it is. A gentle peace begins to unfold, and connecting with your inner strength, intuition, and confidence becomes easier.

Who we are

Dianne Horton

In 2011, I experienced a profound shift in consciousness through a deep surrender to all suffering. I discovered a deep peace and inner freedom by being with everything just as it is. My heartfelt message to you is this: you too can stop suffering and be free. You don't need to change who you are to find peace; you only need to meet yourself unconditionally.



Sabine Brosche

As a coach and mentor, I listen to many stories – some of them are heartbreaking. While our experiences differ, I've come to see that we all share a similar longing: to come home to ourselves and to be at peace. That homecoming doesn't happen through more self-improvement or knowledge, but by meeting all our strange and wonderful parts with curiosity and compassion.



‘Coming Home to Yourself’ is a space for exploration, awareness, and direct seeing. It guides you to shift from the turbulence of anxiety and stress to a place of peace, presence, and appreciation for who you truly are.

The main methods are mindfulness, meditation, self-reflection, self-inquiry, and journaling. We will guide you through these practices to help you pause, observe, and respond differently to life’s challenges.

We begin each meeting with a meditation to help everyone arrive and settle. Then we introduce the theme, followed by an invitation to explore new approaches and perspectives. We then welcome your questions. Towards the end, a short meditation will support you to integrate your experience.

Times

Sundays, 8-9.30 am AEST

NYC: Saturdays, 6-7.30 pm

Join us from anywhere in the world

The Opportunity

With awareness, we can embrace life's challenges as invitations to evolve.

By cultivating inner stillness and compassion—for ourselves and others—we can transform struggle into acceptance, beliefs into wisdom, and resistance into surrender.

Topics

1 **Anxiety, stress and worry**

It is human to feel anxious – and yet, we can go beyond it. By welcoming anxiety and meeting it directly, it starts to transform naturally. A sense of calm follows, and we can access deeper insights.

2 **Obsessive mind activity**

Repetitive negative thinking makes us anxious and quietly drains our energy. Instead of fighting the mind, we can learn to observe its habits with kindness: we can become present to our habit of not being present.

3 **The relationship with ourselves**

We are often keenly aware of how others treat us, but we tend to overlook how we treat ourselves: we pressure, judge, and even punish ourselves. Once those patterns are clearly seen, self-acceptance and self-love can unfold naturally.

4 **The relationships with others**

Much of our relating is shaped by expectations — we know what we want from others. When these needs aren't met, we feel disappointed and hurt. Who would you be in the presence of others if you could let go of expectations? Is that even possible?

5 **Wanting and attachment**

Wanting is part of being human — attachment is where struggle begins. When our desires aren't fulfilled, old patterns of resistance and control can take over. We invite you to experiment with surrender and discover inner peace and freedom.

6 **Who you really are**

Beneath fear and struggle lies something deeper that we all share. When we connect with this deeper part of ourselves, all is well just as it is. Nothing needs to be different – inner peace, bliss, and freedom can be directly experienced.

What we will explore

Regulate Difficult Emotions
Practice *being with what is*, a transformative approach that supports you to meet challenging emotions directly.

Reduced Stress & Anxiety
Develop the ability to calm your nervous system and discover what anxiety really is.

Emotional Resilience
Navigate life's challenges with more balance and less reaction. Step off the emotional roller coaster.

Self-Awareness
Notice your own automatic, and unhelpful, patterns and learn how to move beyond them.

Self-Compassion
Cultivate a more compassionate and accepting attitude toward yourself. As kindness grows, you start to feel more relaxed and open.

Meditation Skills
Calm your body and mind through guided meditations. Mindful observation will help you see your thought process without judgment.

More information

Cost

Per meeting: $40 AUD/ USD via PayPal or bank transfer.
Six meetings: $210 AUD/ USD via PayPal or bank transfer.

Cancellation

We understand that plans can change. If you need to cancel your participation, the following refund options apply:
Full refund if you cancel more than 48 hours before the event begins.
A 50% refund is available if you cancel within 48 hours of the event.

Format:

The meetings are not designed to be fully interactive. However, there will be opportunities to share voluntarily and ask questions via the chat window. This is a safe space, and anything you share will be treated confidentially. Therefore, it is important that you are in a private room where you cannot be overheard. Please have your camera on so we don't meet in an anonymous setting.

Register:

Please write to Sabine:

ENROLL NOW

Stop searching.
What you're looking for is already here.

FAQ

1 **Is ‘Coming Home’ for me?**

The meetings are ideal for you if you

- sense that there is another way to live and are open to exploring it.
- have already done inner work and now feel ready for a deeper level of awareness, acceptance, and surrender.
- are longing to find inner peace and to come home to yourself.

2 **Do I need any prior experience with meditation?**

No. Every meditation is guided and kept quite simple.

3 **Is this therapy or counselling?**

No. It is important that you have done some foundational inner work before attending these meetings. They are not intended to replace professional mental health support. If you are currently experiencing mental health challenges, please seek support from your psychologist or psychotherapist. If you feel unstable or are taking psychiatric medication, these meetings are not suitable for you at this time. You are welcome to apply at a later stage.

4 **Do I have to do all six meetings?**

No. You can still benefit from attending individual meetings. That said, if your schedule allows, participating in all six sessions offers the opportunity for a deeper experience.

5 **Can I book individual sessions if I want to go deeper?**

Yes, you can. Please contact Dianne or Sabine to book individual sessions. We are happy to meet with you one-to-one.

6 **Can I get a discount?**

If the price is not affordable for you, please reach out to us so we can talk about it. We do our best to accommodate everyone where possible.



Do you have any questions?

Please get in touch if you have any questions or are unsure whether this event is for you. We are happy to meet and chat with you.

Dianne at horton.dianne@gmail.com
www.diannehorton.com.au

Sabine at sabine@sabinebrosche.com
www.sabinebrosche.com

ENROLL NOW

Who would you be if you were free
of anxiety, control, and
feelings of unworthiness?
What would your life look like if
you could embrace your true
essence and live from a place
of calm, confidence,
compassion and wisdom?

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