

Shannon Elhart isn't afraid to break the rules to live an authentic and fulfilling life. After nearly forty years of attempting to get everyone to love and approve of her, Elhart finally realized it was not only fruitless but the number one hindrance to her true joy and success.

After experiencing her newborn son pass away in her arms, Elhart began to look deeply at all her life experiences and how she had allowed each to define and limit her. Realizing the ways in which her history, beliefs, thought patterns, and lifestyle were holding her back – she began a journey of authentic discovery and personal healing.

Using her Master's degree in counseling psychology, her certification as a life coach, and years of research, Elhart created The Healing Journey™ which is a virtual program serving as a complement or alternative to therapy. The Healing Journey™ provides members with a supportive environment where they use a clear process of healing pain from their past. This safe, private, empowering community allows members to heal at their own pace and is available worldwide.

Elhart is passionate about making a difference in our world by helping people heal the pain from their past. She believes people who've released the past and embraced a happier lifestyle will create a more peaceful world. She's the founder of Green Heart, LLC, a life coach, author, speaker, Reiki Master, intuitive, and inspiring person. She resides in West Michigan with her two children and enjoys practicing mindfulness each day – preferably on the beach.

