

Disclaimer

Trust the Kindness Within

The information, services, and resources offered through Trust the Kindness Within are intended to support personal growth, self-awareness, emotional well-being, and your own journey of inner exploration.

Wellness & Intuitive Services

Services offered through Trust the Kindness Within may include intuitive, energetic, and other complementary wellness practices.

These services are not medical care, psychotherapy, mental health treatment, diagnosis, or a substitute for care provided by a licensed medical or mental health professional.

Nothing on this website or shared during a session is intended to diagnose, treat, cure, or prevent any disease, medical condition, or mental health condition.

You are encouraged to make your own informed decisions regarding your health and well-being and to seek appropriate licensed professional care whenever needed.

Personal Responsibility

Every person's experience is unique. While the work offered through Trust the Kindness Within is designed to encourage greater awareness, connection, and personal growth, no specific outcome or result can be guaranteed.

You remain responsible for your own choices, actions, health decisions, and well-being.

Testimonials & Individual Experiences

Testimonials, stories, and experiences shared on this website represent the individual experiences of those who provide them.

They are not intended to represent or guarantee that anyone else will experience the same or similar results.

Educational Content

Articles, videos, social media content, downloads, emails, and other materials provided by Trust the Kindness Within are offered for educational and informational purposes only.

They should not be considered medical, psychological, legal, financial, or other licensed professional advice.

Use of AI-Assisted Tools

Trust the Kindness Within may use artificial intelligence and other digital tools to assist in the creative process, including the development of written content, educational materials, images, graphics, or videos.

AI is used as a creative and production tool. The perspectives, teachings, services, and overall message of Trust the Kindness Within remain guided by human judgment, experience, and intention.

Some images or visual elements may be AI-generated or AI-assisted and are used for illustrative or creative purposes.

A Final Note

Trust the Kindness Within is rooted in the belief that meaningful change can begin with greater awareness, curiosity, and kindness toward ourselves.

The resources and services offered here are intended to support that exploration while honoring your right and responsibility to determine what feels appropriate for you.

© 2026 Trust the Kindness Within. All rights reserved.