

What's Included in the Living Freedom event?

Living Freedom is an effective, compassionate and eye opening event that supports you in having the knowledge, reference points, tools and practices needed for a vital, functional, integral and amazing life.

Over the 10 week online training program you will become aware of and awaken your "10 Powers" that will enable you to live conscious evolution, where life is your spiritual path and everything you experience is part of your deep and meaningful evolutionary process.

The event is both an expansive non-dual multi-dimensional experience, as well as, a very pragmatic education with everyday grounded information. We support you in being empowered to access your full capabilities, including your emotional intelligence, physical aliveness, spiritual awareness and full open heart presence.

You will receive tools and practices to embrace and understand your emotions and feelings, and to know how to access their messages and respond functionally. You will learn how to be truly present and to be able to utilize your power to choose, re-parent yourself and release yourself from trauma reactions, woundedness and conditioned limitations. You then can become an

empowered conscious adult capable of co-creating and receiving your true life while being joyfully effective in the world and contributing to the contextual shift that is occurring now.

As you embody your totality you will have a higher level of discrimination and discernment. You will be able to utilize your full being to feel and know what is true for you and what are your best choices, allowing your deep inspiration and intuition guide to you. This is absolutely essential for navigating this time on planet earth.

You can, with the information and tools you receive, literally rewire our neurology, patterns and limitations you have been playing out and begin to have the experiences that are available to you, when you are empowered and free in your core.

We also include sections on healing, creating sacred space, working with energy, understanding boundaries, understanding both verbal and non-verbal agreements, recognizing and releasing limiting belief systems, resolving addiction and compulsivity and much more.

Living Freedom is a whole being-whole process event. It includes trainings, breath, movement, dance, release and meditation. This is truly an integral experience.

Come join us and receive the Total Integration tools your needing to get on with your authentic, deep vital, passionate and meaningful life.

For the past 40 years Living Freedom has been a 5 day onsite event. We are excited to now share this new and easily accessible online event that is safe, expansive, powerful and enjoyable, so people around the globe can access Living Freedom.

Breathing and receiving. The time is now.