

Becoming Fully Human: A Three Month Exploration in Awakening The Heart



We all seek outside ourselves for that which can only be found within.
We wait for the world to change when we know
change must begin within us.

It takes courage and a deep commitment to life to turn within,
towards our own heart. Now more than ever, we need to awaken and live
from the profound qualities of heart that we each possess.

The Heart is the energetic space that unifies our Divine Nature with our
Human Nature and shows us that our humanity can only be fully realized
through the recognition that we are essentially Spiritual Beings.

We all need to be reminded, particularly in this time of so much change, of
what is real and true about our human nature.
Join us for this in-depth, life changing exploration that calls forth the deepest
heart essence of your Being.

Includes:

- Two 2hr live webinars per month / Six total / Recorded

- Two additional sessions for introductions and integration
- One private mentoring session with Elysabeth
- Private online community forum includes access to materials
- In-depth weekly practices for integrating themes into your life
- Yoga-based physical and meditative practices for calming the mind

Topics:

- Understanding the power of commitment to realize your heart essence
- Exploring compassion as the foundation of your life's journey
- Accessing the heart's courage to embrace life's challenges
- Exploring forgiveness as the portal to peace
- Relating to surrender as a victory, rather than defeat
- Trusting the wisdom and knowing of the heart
- Reconnecting with the joy of creativity

Take Aways:

- Deepened compassion, trust and connection to yourself and all beings
- Practices and contemplations for living from an open + undefended heart
- Tools and inspiration for self-forgiveness + self-compassion
- Greater capacity to embrace the full range of our human experience
- A heightened capacity to live from an open and un-defended heart
- Greater vitality and increased physical and emotional well-being

- A deepened sense of your essence, who you are beyond form

Date: Oct 1 through Dec 31, 2020 (Times TBA)

Three Levels of Participation:

Reduced \$149

Regular \$299

Supporting \$499

Digital Platform: Zoom

Register now to receive inspiration to begin your practice

