

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



We all need to be reminded, particularly in this time of so much change, of what is real and true about our human nature. When we come together, with a real willingness to be vulnerable and reveal our deepest truth, miracles happen!

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 are within us.

Join us for this in-depth, life changing exploration that calls forth the deepest heart essence of our Being, while activating our capacity for passion, joy, and embodied love.

“If you wanna walk into the light with me,
we’re gonna travel through the darkness too.”

-from the Heart Song by Leena Dillingham

Includes:

- Two 2hr live webinars per month / Six total
- Two additional sessions for Introductions and Integration

- In-depth weekly home practices for deepening self-love and acceptance, and self / other forgiveness practices
- Recorded Audio Mediations for staying centered in the heart
- Exploring our unconscious through a workshop on dreams
- Yoga-based practices for calming the mind and embodying love
- Creative playtime through Dance, Song and embracing our Sexuality
- One private mentoring session with Elysabeth

Topics:

- Compassion, Forgiveness and Discernment as the foundation of the journey
- Accessing the heart's courage to embrace our emotional challenges
- Forgiveness as the portal to peace
- Embracing our shadow and our emotions as the highway to transformation
- Trusting the wisdom and knowing of the heart
- Reconnecting with the joy and passion of our creativity
- Self-Love as the basis for loving others

Take Aways:

- Tools and inspiration for self-forgiveness + self-compassion
- Deepened capacity to embrace the full range of our human experience
- Deepened capacity to live from an open and un-defended heart
- Greater self-confidence, courage and vitality

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

Date: Oct 1 through Dec 31, 2020

Three Levels of Participation for Payment:

- Reduced \$149
- Regular \$299
- Supporting \$499

Payment through PayPal: elysabethwilliamson@gmail.com

or Venmo: @Elysabeth-Williamson

Questions: queenelysabeth1@gmail.com

Digital Platform: Zoom

[Register now](#) and receive inspiration to begin your practice!

Calendar: *(in mountain time)*

1. Introductions: 1hr Session / Thursday, Oct 1, 6PM
2. First Session: Wednesday / Oct 7 5PM - 7PM
3. Second Session: Wednesday / Oct 21 5PM - 7PM
4. Third Session: Wednesday / Nov 4 5PM - 7PM
5. Fourth Session: Wednesday / Nov 18 5PM - 7PM
6. Fifth Session: Wednesday / Dec 2 5PM - 7PM
7. Sixth Session: Wednesday / Dec 16 5PM - 7PM
8. Integration: Monday / Dec 21 5PM
9. Private Mentoring sessions through Dec 31