

*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 sincere willingness to be vulnerable and reveal our deepest truth, miracles can 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 each of 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
- Additional Integration session
- 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 play through embodied art and creativity

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: Feb 10 - April 28

Levels of Payment:

- Regular \$289
- Supporting \$489

Payment through PayPal: elysabethwilliamson@gmail.com

or Venmo: @Elysabeth-Williamson

Questions: queenelysabeth1@gmail.com

Digital Platform: Zoom

[Register now](#)

Calendar: *(in mountain time)*

1. Introductions: / First Session/ Wed, Feb 10, 5-7:30PM
2. Second Session: Wednesday / Feb 24 5PM - 7PM
3. Third Session: Wednesday / March 10 5PM - 7PM
4. Fourth Session: Wednesday / March 24 5PM - 7PM
5. Fifth Session: Wednesday / April 7 5PM - 7PM
6. Sixth Session: Wednesday / April 21 5PM - 7PM
7. Integration: Wednesday / April 28 5-6:30PM