

Living Into Wholeness Workshop

Facilitated By: Deborah L. Trueheart



Living into Wholeness is a process of growing into what/who we really are. It is a process of learning to align with and trust the larger, creative LIFE FORCE flowing through us Sourcing our lives with everything we need in every moment. You are invited to enter the mystery and mastery of the intrinsic wisdom in your own being. Join us as we learn to release the old patterns that block our authentic state of joy, openness, trust, freedom and vitality.

*We are being called to grow beyond limits of old programming of fear and self-loathing. Living into Wholeness is an innovative non-pathological, wholeness-based approach, which proposes that at our very core is a state of wholeness that can be accessed in any moment. Using information gained from new Science, we can learn skills, principles and practices that change our experience of fear, pain and separation into one of wholeness, peace, and joy and how to access innate wisdom that lies under trauma and addiction. Learn to transform habitual thought and reactive behavior patterns to move from victim mentality. Reconnect with and learn to trust the Authentic Self while **Living into Wholeness**.*

Principles & Practices of Wholeness ** How to find Solid Ground in a Changing World
Access Innate Body Wisdom ** Tools of Transformation
Manifesting: Using the True Currency of the Universe

About Deb Whittle Trueheart:

Visionary leader, consultant, coach, writer, artist, motivational speaker, change agent, spiritual midwife, Deborah has devoted the past 20 years to the study of psychology, holism, metaphysics, process therapy, applications of quantum science, spirituality, the healing process, and evolution of consciousness. Currently she is enrolled in the *Agents of Conscious Evolution* training with Barbara Marx Hubbard.

Deb is available for private sessions.

"This day long workshop was amazing! It gave me the chance to figure out some stuff about myself and provided the opportunity to reaffirm what I already knew, deep down inside. It was like a key clicked and unlocked the door to freedom. This workshop left me wanting to know and feel more ... to cultivate practices of connecting with the "me", deep down inside. It was a day of hope, connection and community." Carol G. Quincy, MA

To book a workshop or private session contact Deborah Louise Trueheart
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