

# Truth, Beauty & Love - The Heart of the three Principles

- a 12 week spiritual journey for women



**Natasha  
Swerdloff**



**Erika  
Bugbee**



**Mavis  
Karn**



**Linda  
Pransky**



**Marina  
Galan**



**Linda  
Ford**

**This program is a journey that invites you to go beyond the limits of your personal thinking into a space where you experience directly Truth, Beauty and Love free from the limitations, judgements, and distortions of your conceptual mind.**

The heart of the three Principles is the space of contentment where you trust in life, feel an unconditional love and compassion for others and bring more love and understanding into all areas of your life.

The three Principles — Mind, Consciousness, and Thought — are the fundamental forces responsible for the creation of life and for all of our psychological experiences. They are the eternal backdrop to life. This dimension of life is formless so it doesn't change. It's eternal, so it's always here. It is something that we can rely on because it doesn't come and go. Everything in the world of form comes, goes and changes.

The three Principles are the golden threads from which all human experience is woven. No one can exist without them; they are the necessary

components through which we know life. Without these Principles, life would not exist for any human being. They are the psychological trinity of all human functioning. We can also talk about the three Principles by calling them Truth, Beauty and Love.

Truth, Beauty and Love refer to the same essential transparent experience of our spiritual nature. In this program we will discover how Truth, Beauty and Love come alive in us in three different ways. Through the 12 weeks we will join each other in conversation and discovery, and then for 5 out of the 12 weeks we will have the pleasure of being joined by 5 fabulous women, who, each in their unique way, will enrich our discoveries through their insights into our spiritual nature.

I hope you will join me on this journey!  
With all my love Natasha

This online program consists of 12 two-hour sessions of deep conversations about our spiritual nature, including live Q&A.

Tuition for the program, including 12 sessions, 24 hours in total, and all the recordings is just \$400 USD.

And the time is always:  
7.30pm CET/10.30 PDT/7.30 HST/12.30 pm EDT

October 13th	Natasha Swerdloff
October 20th	Erika Bugbee
October 27th	Natasha Swerdloff
November 3rd	Mavis Karn
November 10th	Natasha Swerdloff
November 17th	Linda Pransky
November 24th	Natasha Swerdloff
December 1st	Marina Galan
December 8th	Natasha Swerdloff
December 15th:	Linda Ford
January 5th 2022:	Natasha Swerdloff
January 12th 2022:	Natasha Swerdloff

You can sign up and use PayPal to pay for your participation at [nswerdloff@hotmail.com](mailto:nswerdloff@hotmail.com). If you are a student or unemployed please write to me at [nswerdloff@hotmail.com](mailto:nswerdloff@hotmail.com) and we can work out a reduced price for you! Once I receive your financial contribution, I will send you a welcome letter with the links to the sessions. I look forward to travelling with you on this journey Truth, Beauty & Love – The Heart of the three Principles – a 12 week spiritual journey for women.

## Who you will meet:

Natasha Swerdloff will be your guide and host through all 12 sessions. Natasha Swerdloff is a trained psychotherapist, author, coach and consultant. Based in Denmark, she has been self-employed since 1996 and travels all over the world to share her understanding of the Three Principles. Natasha is the co-author of the book *Coming Home* which she wrote with Dr. Dicken Bettinger in 2015. Every other week she will host guest speakers who have inspired her, and who have all had deep insights into their spiritual nature. Learn more about Natasha at [www.theprinciplesinstitute.com](http://www.theprinciplesinstitute.com)



Erika Bugbee, M.A. is the founder of the Erika Bugbee Coaching Group outside Seattle, Washington. For 22 years she's specialized in teaching the Three Principles to teens and parents through 4-day Individual Intensives and Zoom sessions. Erika provides practitioner trainings on working with teens, 1:1 practitioner mentorship, and is a frequent presenter at international webinars and conferences. She has a master's degree in psychology and was trained and certified by Sydney Banks. Erika has been married for 23 years and has two teenagers.

Mavis Karn, LSW, MA, is in private practice offering coaching, counseling, teaching, education and consulting services. Mavis' honesty and humble "true north" understanding of the inborn potential of each of us is deeply and broadly respected by clients and colleagues globally. She does no marketing. She works from her home office in Minnesota. She's the author of a well-known letter to juvenile inmates, *The Secret*.



Linda Pransky went to graduate school at The University of Washington in 1975. She specialized in psycho-social nursing, because she had an interest in learning how people change. She learned techniques and approaches to helping people, but nothing seemed long lasting and beneficial. When Linda met Sydney Banks in 1976 she saw a way for people to really change. She found her own life becoming one of comfort and simplicity. Her vision soon became one of helping people seek real and long lasting change with ease. Linda is currently on the executive committee of the Three Principles Global Community, recent faculty of the One Thought Institute and Partner of Pransky and Associates.

Marina Galan is a coach and consultant working with individuals, groups and organizations all over the world. Few people realize that our mind is naturally oriented towards wellbeing, creativity and success, even fewer have come to develop a close, fruitful relationship with it. Most people, being caught in a misunderstanding about how it works, find themselves unable to fully take advantage of this truth, causing unnecessary suffering and strain.

Understanding our mind, knowing how to align with it and its infinite resources, allows us to explore the very depths of our true potential and consequently experience a more vibrant, engaged, fulfilling life. <https://www.marinagalan.com/>



Linda Ford is a master certified coach, author, and instructor who specializes in helping coaches feel more confident about putting themselves and their work out into the world. At the heart of Linda's work is teaching and sharing the foundations of The 3 Principles. Linda is the co-creator of the online programs, *The Confident Coach* – how to have more impact and change the world, and *Confidence in a Box: If I'm so smart, then why don't I feel more confident?*

Ford is also the co-author of the Kindle best-selling book, *Women and Confidence: The truth about the lies we tell ourselves*. She also co-hosts a podcast called: *Secrets of a Life Gone Right*. You can find out more on her website: [www.lindafordcoaching.com](http://www.lindafordcoaching.com)