

# Living from Freedom and Love

A spiritual journey for women

**12 SESSIONS**  
Wednesdays  
starting October  
7th. 2020  
ending January  
13th 2021

**You are invited to participate in a 3-month online program which will point you in the direction of how to live knowingly from your true nature. Each week builds on the exploration of the previous sessions to strengthen and deepen your understanding and connection.**

When you believe in an Outside-In model of the world, logically this means that you posit a world “out there” with power over you. Therefore, it becomes essential to control that world. Quite a lot of the time, we realize our attempts to control the world, and other people, don’t work. This leads to a sense of separation, urgency, stress and insecurity. Sometimes, we find that our attempts to control our external circumstances DO work - at least in the short term. But we have to keep on working at it - which also leads to a sense of separation, urgency, stress and insecurity!

## Would you like to:

- ☛ Live life with the freedom to BE who you truly are?
- ☛ Experience your essential Self to be much more than a particular set of limited, finite mental, emotional and physical processes and sensations arising from history, circumstances, culture and genetic design?
- ☛ Directly know and experience that the “I” who you really are is ever-present, infinite, unchanging, luminous Aware Presence itself?
- ☛ Realize that your authentic and natural expression in the world is freedom, love, compassion, happiness, creativity and peace?
- ☛ Understand that the belief in being a separate, finite self, composed only of a mind and body is the root cause of all suffering?
- ☛ Experience liberation from long-held and limiting past practices, fears, feelings, beliefs, and sense that “something is missing”?
- ☛ Experience gratitude, appreciation, compassion and connectedness with life, just as it is?

This invitation is an opportunity to explore how you can fully reside in and express your capacity to live from Love, Freedom, Happiness, and Peace in all aspects and areas of your life – to live life as a creative unfolding work of Art.

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. All the sessions will run for two hours starting at 7.30pm CET / 10.30 PDT / 7.30am HST / 12.30pm EDT / 6.30pm BST.

## 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)



**Natasha Swerdloff**



**Amy Johnson**



**Rohini Ross**



**Christine Heath**



**Linda Pettit**



**Barbara Patterson**

**Session 1** Wednesday October 7th Natasha Swerdloff will hold the space for the introductory session.

**Session 2** Wednesday October 14th with Christine Heath. Christine founded and has been the Executive Director of the Hawaii Counseling and Education Center since 1985. Christine met Sydney Banks in 1981 and has been sharing her understanding of the Three Principles since then. She was instrumental in setting up one of the first Three Principles-based clinics in the world.

**Session 3** Wednesday October 21st Natasha Swerdloff will be your guide.

**Session 4** Wednesday October 28th with Amy Johnson PhD. A psychologist, coach, author, and speaker who shares a groundbreaking new approach that helps people find true, lasting freedom from unwanted habits via insight rather than willpower. She is author of Being Human, and The Little Book of Big Change. Learn more at [www.DrAmyJohnson.com](http://www.DrAmyJohnson.com).

**Session 5** Wednesday November 4th Natasha Swerdloff will be your guide.

**Session 6** Wednesday November 11th with Linda Pettit. A priestess-at-heart, Linda has on-line conversations with people around the world about the Three Principles. She engages in these in an intuitive, creative way that blends her psychological training and spiritual understanding. Linda has been sharing the Principles for 15 years and has been a helping professional for 37 years. See more about Linda here: [www.thedrspettit.com](http://www.thedrspettit.com).

**Session 7** Wednesday November 18th Natasha Swerdloff will be your guide.

**Session 8** Wednesday November 25th with Rohini Ross. She is passionate about guiding people to wake up to their full potential. Rohini has an international coaching and consulting practice based in Los Angeles helping individuals, couples, and professionals embrace all of who they are so they can experience greater levels of well-being, resiliency, and success. Learn more at [www.rohiniross.com](http://www.rohiniross.com).

**Session 9** Wednesday December 2nd Natasha Swerdloff will be your guide.

**Session 10** Wednesday December 9th with Barbara Patterson. Barb is the owner of a global coaching and consulting company helping solopreneurs, entrepreneurs and leaders access more clarity, creativity, and have greater impact with higher levels of fulfillment in work and life. See more and subscribe to her weekly blog here: [barbarapatterson.com](http://barbarapatterson.com).

**Session 11** Wednesday January 6th Natasha Swerdloff will be your guide and you will have an opportunity to share your insights and reflections.

**Session 12** Wednesday January 13th will be the last session and holds a surprise for you all!

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@gmail.com](mailto:nswerdloff@gmail.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 Living from Freedom and Love.

