

# ON FREEDOM

*Dealing powerfully with everyday life*

*'At the core of my practice is an irresistible passion for awareness, fueled by the thought of life's magnificence yearning to be celebrated.'*



**DATE:** July 18,25 August 1,8,15,22

**TIME:** 10:00 am to 11:15am EST-Thursdays-

**TOPIC:** FREEDOM 10 people only

*Join Sophie for this unique opportunity to explore awareness. Led with humor and compassion, this workshop is designed to create freedom around the topics we deal with in our daily life, such as stress, love, fear, relationships and money.*

*Sophie's profound yet simple teachings have helped countless people around the globe awaken to an immeasurable freedom in their daily lives.*

# 1. OUR RELATIONSHIP

Our relationship will be based on the Socratic method. I am neither a therapist nor a coach.

In practical terms, this means I direct the conversation with questions: you alone have the answer, since it is your life. The goal is for you to discover for yourself a new view of life rather than to simply believe what I say. The sessions are interactive.

# 2. CONFIDENTIALITY

The meetings will be recorded and sent to you to listen to at will. Please do not share anything on the call you wish to stay confidential.

# 3. SIX CALLS USING ZOOMMEETING.COM

Each call last 70mn.

Sessions take place every week. This allows you time to integrate the content in your life without losing the continuous thread that runs through all the calls.

# 4. COST

The 6 sessions of the series cost \$550.00

It is non-refundable. In case of non-attendance, you will still get the recording.

# 5. SESSION'S SYLLABUS

Session 1: What is stress?

*We will start the series by watching a PowerPoint, by understanding what the ego is, how we operate in the world and what is the access to be our self. Then we will dive into fear, stress and anxiety.*

Session 2: On Love

*So much is said about love and so much is misunderstood. We will inquire into our access to blissfulness by examining the power of love, and how to make relationship work*

Session 3: On Sex

*It is essential to understand the role sex plays in our life to be left with the possibility of conscious choice. Most people are stuck at the level of physical orgasms and are not aware of other possibilities.*

Session 4: On Money

*We will tap into our power to create and talk about the paradox of abundance, the law of attraction and wealth.*

Session 5: On habits

*This session will take us to the world of addictions, attachments, desires and we will examine the design of the brain.*

Sessions 6: On relationships

*Duality takes two, but it is really unity. One cannot be without the other. All is relationship. When something exists, it is a function of relationship. We are mutually necessary to each other's: there is not a separate you.*