

## *Reclaim YOUR Freedom* Online Workshop Transcript

### Welcome and Introduction

Once again, welcome. We are just going through...in your pack, that's your workbook, your worksheets and it's got the program and where you can write things in there. That's what we'll be trying to cover. There's a lot of material in there. The idea is that it becomes very interactive and that you guys work together and go into a space so you can actually drop into the work.

And if we don't get through it all, it doesn't really matter. We'll get through exactly what we need to. Those of you who know me know that I can plan to death and spirit just takes over and does its own thing anyway, so we'll see what happens.

Effectively we have it as an introduction period. We will go through that. These times are flexible. Explore what freedom means to each of you. We'll look at this concept of the Journey to Freedom, and what that means for us. What's the concept of power, because power comes into this and how do we lose power?

When we lose power we lose freedom so power is an important aspect. How do we get our power back? We need to get our power back in order to regain freedom. We'll look at this Path to Freedom model specifically from the book and we'll build it up here. Then what do we do with that thing, the personal level?

That's quite our longest session, a whole hour there and then wrap up with what's next. That's kind of the program.





## The Agreement

First things first, the agreement. Please, what this is about is I want people here to feel safe and safe to share. And so whilst nothing of course is binding, it's just setting our conscious intention.

Learning is enhanced when we feel **safe**. We only feel safe when we believe we are **heard**, without judgment. This is how **trust** is established.

It is utmost importance you attend and participate in this workshop in the spirit of **openness, honesty** and **integrity**. What is discussed by you or others remains in the workshop.

You agree to keep **confidential** and not share any information shared by others. You also agree to **suspend judgment** and to remain in a space of **genuine curiosity**, the place that I call **discernment**.

