



Welcome!!!



The
Art of Being

C e r t i f i c a t i o n

the study of the power within

Who am I and why did I create
The Art of Being Certification?



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TO BUILD A LEGACY I AM PROUD OF



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that shows my family that what I speak
is who I am & what I do.

It is about creating a lasting impact that
reaches far beyond where I can touch
alone.

But truly this certification was information that came through me that I resisted for a very long time. I am a vessel for the Universe to speak through so that new information is shared with the world to invoke change and wholeness.

We are not meant to be our 'greatest selves'. We are here to love ourselves in all of our states otherwise there is always a part of us that we are hiding, despising and judging from ourselves and others.



How I communicate:

- Inclusively
- Curiously
- With Swear Words as Energetic Punctuation
- With Impact and the ability to shake things up
- With an element of fun & and informality

Reluctantly I was led by the Universe to be an invitation to a new conversation that created results that people were longing for.

I fought it and tried to fit in with other modalities and processes but in the end, the Universe beckoned me to be this and then birth it so others could bring it to the world too.

Once I stopped resisting and
said **YES** to the invitation,
a sense of freedom, peace
and momentum took place.



 The
Art of Being
C e r t i f i c a t i o n

the key to unlock the power within

SO, what are the important details of the Art of Being Certification?

- It is an ONLINE, 12 month intensive program.

What are the key elements in this Certification?

- 3 WEBINAR based lessons each month
- 3 POD support calls each month starting month
- Weekly assignments
- Practice sessions with clients

3 WEBINAR based lessons each month

- The 1st three Tuesdays of each month 930am CST
- 45 mins to 1 hour long webinar
- Recorded and stored on the Portal (ie The Art of Being website) I will send you sign in links this week.
- The Webinar portion is instructional only
- **AFTER** the webinar - 15 mins of interactive Q&A
- **Total time of call 1 hour 15 mins normally**

3 POD support calls each month

- These start month in March
- Your pod groups will be announced by the end of month Feb
- Your group decides when to meet during weeks 1,2 & 3 of each month. You meet 3 times a month for 1 hour maximum.
- You do NOT meet in week 4 (or 5 if there is one) because that is your HONORING YOU week without scheduled calls. Great for catch up, reviews or taking in a pause.

Weekly assignments

- **These are online forms to be filled out in order to access the next lesson**
- **The Goal of your assignments is to:**
 - **own the tools and information**
 - **play with the information shared in a way that is fun and helpful**
 - **to gain clarity and momentum in the course**

Other important elements:

- **Facilitation Feedback**
- **Behind The Scenes Journal Videos - BONUS!!**
- **Group Facilitation Certification: @month 5**
- **Private Mentorship Certification: after month 12**
- **Notebooks and Journals - your choice**
- **Binder - your choice**

SO, What is the Art of Being Certification?

- It stands in the GAP between therapy and coaching.
- It honors the pain while using it as fuel for the way forward.
- It celebrates the aspects of self that have often been corrected or silenced, so that the individual can feel at home in their own life and confident in their own desires, voice, and actions.
- It is about unearthing the being that is often beneath all of the expectations, trauma, and fear.

SO, What is the Art of Being Certification? cont.

- It is tapping into the body and its divine wisdom to guide us in a way that is trusted, true and miraculous.
- Using **EMOTIONS, SENSATIONS** and **INTUITIONS**.
- It is up-leveling your language because what we speak into our world is the reality of 'casting a spell' upon new forms. It's not called 'spelling' for no reason. hehe We are creators at our core.
- It is about **RELATIONSHIPS** with **EVERYTHING** and finding how to bless everyone involved.

SO, What is the Art of Being Certification? cont.

- It is the gateway to the New World/New Era that people need to be led and supported through.
- If YOU are here today it is because Spirit feels you have what it takes to guide people from a place of struggle, insecurity, fogginess to a place of clarity, collaboration and miracles.
- This is an EMBODIMENT experience more than a learning experience. By the end of this you will truly be using not just your brain, but your entire body as an intuitive, aware, powerful tool.
- You will be the beneficiary first and then your clients.
- YES, you can use this with other modalities!!! Please do.

A MAJOR aspect of the Art of Being comes from **The Muse Method**

- Intention - to pause, connect to self and take up more space in your body and life
- Hands on - Because touch is integral to wholeness
- Eyes Closed - So that you can move from living only from the brain and begin to live from the body's wisdom as well
- Breath-Because it is life and brings vitality and purpose back to a body living in constant fight or flight
- **M.U.S.E - My Unique Self Expression** - the part that inspires us to create and move.

Many of the concepts within this course are different and may challenge the concepts you have grown up with or learned elsewhere. They are not meant to replace or discredit, but instead to add to and expand.

They are created to expand your world and to create results for you and those you eventually work with.

Truly they are channeled from the Universe.

Be open to new terminology.

"You have taught me so many things that are very different than I have learned or been told. The difference is your tools have produced results, not just any results, but amazing, lasting, effective results.

I cannot wait to learn more and share this with all of those around me. "

Gina - client and Art of Being Graduate

"Your processes/practices are the ONLY methods I truly trust to make a difference. I will be interested in your graduates to work at my studio!"

Danielle Kerr

"The proof is in the pudding"

...the proof is in the RESULTS

In our case the proof is in the smiles, the lives changed, & the internal experience that creates a fulfilling life.

Some key terms we will play a lot with:

- **WHOLENESS**
- **Curiosity**
- **Centered in Self**
- **Relationship**
- **Possibilities**
- **Honoring**
- **Co-creators with the Universe - the mystical and the Universe through people**

Thank you SO much for showing up today!

I will open up the zoom in a moment for Q & A.

If you feel like you know anyone that might be interested in an avenue where they can create a life changing impact, and include their own, feel free to share my information or the website!

I am soooo excited to go on this journey with you!



Lucca

is excited you are taking
this incredible step!

People are waiting for you!