

## **An Inward Journey Riding the Wave of Your Life Force to Meet Your True Self**

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In the SR process you establish a deep connection through your soul, with the essence of who you are. As the vital link with your soul is established, you begin freely expressing and creating from this essential place of strength within you – the place that yearns to be fully alive. This is a profound way to acknowledge your soul, the part of you that is immortal, eternally strong, and endures without separation, judgment, or fear.

The soul is the first place where acknowledgment of the self is real, the first place where oneness happens, and the first place where “we-ness” is felt. Holding within it our highest potential, the soul is the meeting place of spirit and form, and contains knowledge and memory of the Source of all life. When we are linked with the Source through the soul, we experience union with all things and fulfill our yearning to be whole.

The journey is experienced in a loving group environment created from the heart. Finding the true essence and revealing the inner workings of our lives and patterns, brings space and relief from conditioned beliefs and judgments.

Through the light of your soul a path is created, one that the mind alone could never find. You will sense the lifting of beliefs and conditions that confine you as they are gently brushed or rocked away to help you identify and implement your soul’s unique design.

Directing one’s life from the soul brings balance and harmony within and links the consciousness of many people at one time, creating a critical mass that weaves a field of union.

Journeys are four or five day experiences that include integration, assimilation, and the grounding of your journey into the deep circuits of the body. As the light and energy liberated during the SR is breathed more and more deeply into the cells, living our essential nature in everyday experience becomes easier. The SR journey assists us to truly begin remembering that we are light and vibration in form.