ShadowLight GLOBAL

CLEAR ESSENCE™

DEVELOP AN INTERNAL PRESENCING PRACTICE THAT TRANSLATES TO A SENSE OF CALM AND EMBODIED WHOLE PERSON INTELLIGENCE™.

TARGET AUDIENCE:
- Leaders
- Coaches
- Facilitators
- Individual Contributors

COURSE TIME:
8 hours

DELIVERY OPTIONS:
Instructor-Led and Blended

DELIVERY METHOD:
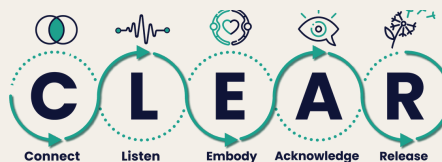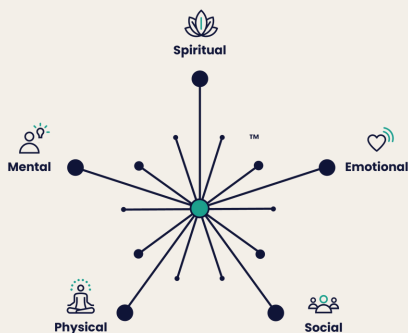In-person and/or virtual

PAIRS WELL WITH:
- CLEAR Presence™
- 4-SELF Formula™
- Whole Person intelligence™

When we engage in a CLEAR way, we are inviting a heightened level of attunement and mindfulness to ourselves and the present moment. As we establish a connection, listen attentively, embody Whole Person intelligence™, acknowledge our felt experience, and allow for emotions, thoughts, and ideas to gently release, we foster a trusting container for expansion and open the ability to receive.

Creating the space to recognize the value of intuition as a powerful and insightful aspect of decision making and personal growth, we invite our intellect and intuition to work in harmony.

BY THE END OF THIS PROGRAM, PARTICIPANTS WILL:

- Learn how to connect, listen, embody, acknowledge, release and receive intuitive signals and information.
- Recognize the various ways intuitive information can be received.
- Develop and cultivate an ability to listen and interpret intuitive messages.
- Increase confidence in trusting intuition as a valuable source of guidance.
- Apply intuitive insights to improve decision-making by exploring the role intuition plays in making choices that resonate with their authentic selves.
- Build personal practices to increase connection and self-trust, valuing their own intuitive wisdom.
- Recognize and overcome barriers to trusting their instincts.
- Incorporate mindfulness as a tool for quieting the mind and deepening intuitive connections.
- Create a practical strategy for integrating intuition into their daily lives.

Spiritual

Mental

Emotional

Physical

Social

C L E A R

Connect   Listen   Embody   Acknowledge   Release

CLEAR is a presencing practice to remain grounded and centered in conversation. Through this holistic approach, individuals build trusting relationships with self and others.

REFLECT. CONNECT. TRANSFORM.

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