



*How to Embody Your True Self
Without Masks Even If You
Feel Ashamed*

November 11th-13th

A Deeply Experiential Virtual Immersion

It's easy to have compassion for others.

Not so easy to have compassion for ourselves.

Are you trapped in a cycle of overwhelm?

Do you feel like the trauma of your childhood is still haunting you?

Are you exhausted from wearing masks all of the time?

As children, our masks protected us, but as we grow up it takes so much energy to keep hiding.

You don't have to hide anymore.

Maybe you have been putting other people first for so long you don't know who you are anymore because all you know are your masks.

So what happens when we take off our masks and our truth is exposed?

It's time to let go

To breathe in deeply

To move from anxiety to courage

To heal!

My Health

When I made the choice to commit my sacred expression practices on a daily basis, not only did I begin feeling better, but I actually became healthier.

I am 62 years old, and just had my annual physical. In the last 3 years, I have lost 35 pounds and my cholesterol has dropped over 40 points.

I am actually healthier than I was at 40 years old.

I attribute my consistent practice of being in the moment, trusting life and coming from love has supported me in making healthier choices for myself in every circumstance.

Allowing requires trust and surrender and letting go can be scary, at first.

That's why support is so essential!

In this intimate, deeply experiential, 3-day exclusive virtual immersion, I am offering many of my sacred expression practices **of a journey, movement, breathwork, writing and meditation** and I will be supporting you in **creating your ego mask and your expression of your soul between the sessions.**

When you embody your sacred expression, you discover your gift, your true purpose!

I will be holding a **safe** space and container to support you in discovering **creative** ways to **let go** of your fears, traumas and emotional blocks that keep you stuck and assist you in rising and transcending to the light above the drama- **your true self.**

Creativity and Spirituality are the same States of Being.

To ensure that the experience is deep and life changing for everyone there are a limited number of spots available.

This exclusive immersion is designed for **only 7 people** to spend time together inside a **life-changing experience** with **follow-up support**.

It will be an investment in you and your healing.

Who else is **ready to jump start and fast track your growth?**

This Immersion is for:

1. Spiritual adventurers who have been on an experiential path and who want to learn how to become more comfortable surrendering deeply to spirit and non ordinary or spacious states of being.

2. The retreat is also those who want to develop the courage to take off their masks- because that is where the magic happens.

3. Finally, the retreat is also for professionals who want to learn how to hold a deeper space for their clients and learn new anchors that create more safety for the deep exploration.

The Immersion will begin Friday evening for a 3 hour opening-consisting of a sacred journey/moment experience.

Saturday's session of 4 hours will begin with sharing your ego masks and include a sacred breathwork session.

Sunday's closing session of 3 hours will include exploring the healing power of sacred voicing and sharing your soul's expression.

By participating in this retreat I am including:

* A Free copy of my book collaboration **Dare to Dream:** out in January 2023

* Lifetime recordings of the 3 meditations from the retreat (\$100 value)

* A Free Private Integration Session (\$250 value)

* My manual on Sustaining Flow-Moving from Anxiety to Courage

* Free one and a half month's worth (Until the end of 2022) of private email support where you can ask me questions about embodiment (\$350 value)

The Value of this 10 hour Immersion is over \$2,000.

When the gifts are added, the **value** of this offer is over
\$2700

and I am offering it to you for the price of **\$777**.

Register here

<https://consciousembodimentsummit.com/register>

I am also offering **personalized payment plans**, for those who would like to spread out their investment.

For those who have any questions or who are interested in a payment plan, simply set up a call with me and we can discuss your options. The link to set up a call is below:

<https://calendly.com/gregg-47/enrollment-call>

So, if you want to make a shift and change your life,

It's decision time!

Some moments shape our destiny

Now is one of those moments

It's time to invest in your healing!

***When you allow spirit to dwell in your body,
your life becomes absolutely magical.***

Warm regards,

Gregg

