



Choosing from the Heart A Pathway to Freedom

Are you ready to let go of expectations of who you *should* be and discover your own Divine purpose?

Life is about choice.

And we all aspire to a life of meaning, purpose, and fulfillment.

But, when we choose from habit, others' expectations or mental analysis we lose sight of our true nature. Throughout our lives, we take on beliefs about the world that affect our thoughts, which affect our feelings, which affect our actions, which create our results. We begin to interact with the world from these limiting beliefs (untruths) and lose sight of our Divine purpose.

Then we wake up one day and wonder how we got here.

We feel as though we are floating in a sea of overwhelm, anxiety, disappointment and doubt. It may manifest in our lives as emotional or physical dis-ease. We may be struggling with our relationships or career. Or we're just plain exhausted – all of the time.

We feel stuck and don't see a way out. We know we need to make a change but we don't know how.

There is a solution. A program designed to expand your consciousness and discover a new way of being in the world that brings greater peace, purpose, joy, and contentment.

Introducing *Choosing from the Heart – A Pathway to Freedom*. Through this intensive 3-month program, we will meet for 90 minutes twice monthly where you will:

- Learn how to achieve the deep states of relaxation that are essential for releasing stress, cultivating awareness and expanding consciousness.
- Establish clear and conscious communication with your inner wisdom and truth as a spiritual human being and learn how to bring this practice into your daily life.
- Transition from choosing from the mind to Choosing from the Heart.
- Free yourself from limitations from your past and open to the potential of your future.
- Learn to consciously respond rather than react to the people and circumstances in your life and begin to make choices from a place of love, compassion, and empowerment.
- Take inspired action to create a life that is more consistently fulfilling and beautiful as you reconnect to your Divine Purpose and begin to live your Authentic Truth.

Begin your transformative journey and discover the freedom to Choose from the Heart with wisdom, clarity, and love. If you feel inspired to take that next step, contact certified Life Coach, Denise Bischof, with questions or to schedule your initial discovery session. You will be so glad you did!

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