

The Silent Knock

We all desire connection and union.
We all desire to be more perfectly ourselves.

The silent knock is a moment of pure honesty.
It's the time to start listening to the questions that have been inside of you for a long
time.

Why do I continue to behave in ways that don't serve me?

Diets don't fail, we fail at diets.
Saving plans don't fail. We fail at saving plans.
Relationships don't fail, we fail at relationships.

People don't fail because they want to fail.
People fail to turn resolutions into habits.

It's all about learning a new way.

Knowledge is power, a gift and a roadmap.
The start point is knowing that life is not about doing and having.
Life it's about becoming.

When we are healthy in a holistic sense, we are driven to become the best version of
ourselves.

When we are unhealthy we tend to abandon our true self, often wishing we were more
like someone else or that we were someone else altogether.

Now is your time.



It is time to peel back the layers of conditioning and expectations that have encrusted
your heart and mind.

...

Some questions that might come up ...
(remember: you don't need to have all the answers, just sit still and feel what happens)

What is genuine connection?

What is happiness?

What does peace mean to me?

What is life without love?

What is love?

What is intimacy?

Why do I feel this way?

Where do I feel it?

Where do I start?