

**Taking Flight**  
**Realizing Alignment**  
**Expanding Grace**  
**Transforming within Community**

**▲ Telecourse Series**  
**February 9 – March 30, 2011**  
**6 PST/7MTN/8CST/9EST**

Session One: Wednesday, February 9

**Being the Pilot of Your Own Shift in Consciousness**

- Embodiment – Alignment
- Presence, Subtle Sensing – Centering in the Now
- Earth Home, Nature’s Community and the Great Elements
- Building the Bridge



Session Two: Wednesday, February 16

**Who’s Flying this Plane Anyhow?**

- The One Within and Honoring Your Inner Being
- Maintaining Balance and Preparing Clear Space
- Conscious Collaboration Self, Other(s) and Spirit
- Attention, Focus, Choice

Session Three: Wednesday, February 23

**Befriending the GPS /Accepting Your Coordinates**

- Being with “what is”
- Allowing *right now* – observation and flow
- Transforming avoidance, denial or self-criticism
- Moving from reaction to response

Session Four: Wednesday, March 2

**Low Visibility/Poor Flying Conditions – Getting Unstuck**

- What Happened (not why)
- Conscious Witness, the Road to Release
- Finding the energy leak
- Unlocking from definitions that no longer work
- Holding yourself when things go “wrong”

Session Five: Wednesday, March 9

**Letting Go – Remembering You’ve Got a Co-Pilot**

- God, Dog and bestest friends – identifying resources
- Moving Beyond exhaustive Effort, Fear and Controlling
  - What are you Trusting in? How do You Connect?

Session Six: Wednesday, March 16

**My Flying History / Identifying with the Plane Crash**

- Yes, the plane crashed...but you didn’t die!
- Events, Interpretation and Social Messages
- Expanding Perspective – the Power of Ownership
- Changing the Story – Hero, Victim, Creator Being?
  - Conscious Completion / Energetic Completion

Session Seven: Wednesday, March 23

**Pilot’s Test Flight – Maintaining Altitude**

- Authentic Self **IS** “My Soul’s Work” **IS** Serving the World
- Physics, Resonance, Parallels and Changing Your World
  - Compassion and Clarity vs. Empathy and “fixing”
    - Dissolving the Selfish program

Session Eight: Wednesday, March 30

**Mastery: Sully’s Illuminated Example**

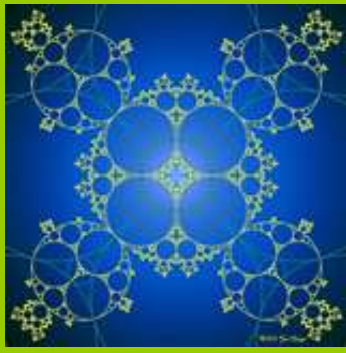
- Freedom from perfection
  - Flight plan = heart song
- Grace, Humor, Curiosity and the Unexpected
- Multidimensionality – Exploring the Youniverse
- Expressing through Connection and Community
  - Remembering Resources
  - Awareness, Love and Joy
- A Choice...again and again and again

**Taking Flight – A Telecourse Series**

**Wednesdays, February 9 – March 30, 2011**

**6 p.m. Pacific / 7 Mountain / 8 Central / 9 Eastern**

**Find Your Time zone**



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**A Telecourse Series**  
**Details and Registration**

**All Participants Receive**

**Telecourse Series - Eight Sessions – 75 minutes each including Sharing, Teaching, Energy Exercises, Clearings, Q&A and more...**

- **Articles and Home Practices**
- **Links / Resources**
- **Google Group for Community and Sharing**

**Telecourse Series Plus**

**Level One:**      **Telecourse series plus one 60-minute personal coaching or healing session with Sarah (\$100 value for \$80) **20% savings****

**Level Two:**      **Telecourse series plus two 60-minute personal coaching or healing sessions with Sarah (\$200 value for \$120) **40% savings****

<b>Levels/ Options</b>	<b>Pay in Full</b> (by start of Telecourse 2/9/11)	<b>Pay by Subscription</b> (3 monthly payments via PayPal)	<b>Early Bird Special</b> Pay in Full by 2/2/11
<b>Telecourse Series Only</b>	<b>\$160</b>	<b>\$56/month</b>	<b>\$150</b> (save \$10)
<b>Level One</b> (plus one personal session)	<b>\$240</b>	<b>\$83/month</b>	<b>\$225</b> (save \$15 plus 20% on session)
<b>Level Two</b> (plus two personal sessions)	<b>\$320</b>	<b>\$ 110/month</b>	<b>\$300</b> (save \$20 plus 40% on sessions)

**Click Here to [Register](#)**

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 Otherwise fees may apply.