

I CANNOT HELP BUT TO SHARE MY PERSONAL EXPERIENCE ATTENDING 'ART OF LIVING PART 2 - PRISON PROGRAM (ART OF SILENCE)',

WITHOUT BEING REALLY FULLY AWARE OF THE CHANGES TAKING PLACE OVER THE PERIOD OF THE PROGRAM, I STARTED EXPERIENCING SIGNIFICANT CHANGES IN MY CONSCIOUSNESS AS IF ANOTHER LEVEL OF SELF-ACTUALIZATION IS TAKING PLACE.

ONLY AFTER COMPLETION OF THE PROGRAM DID IT DAWN ON ME THAT I AM ABLE TO ACCESS AND PROCESS DESTRUCTIVE MEMORIES IN MY UNCONSCIOUS MIND THAT HAVE BEEN HAUNTING AND HOLDING ME HOSTAGE ALL MY LIFE.

DURING THE WEEKS FOLLOWING THE PROGRAM, I WAS STILL EXPERIENCING A DISTINCTIVE ELEVATED LEVEL OF SELF-AWARENESS, PEACE OF MIND AND TOTAL EMOTIONAL FREEDOM THAT FILL ME WITH UPLIFTING AND INSPIRING THOUGHTS, MOTIVATING ME EVERY DAY TO EXPERIENCE MY NEW STATE OF BEING.

FOR THE FIRST TIME IN MY LIFE, I ACTUALLY EXPERIENCE LIFE WITHOUT ANY FEAR.

IT HAS BEEN AN IMMEASURABLE PRIVILEGE TO OBTAIN THIS WISDOM THAT I SHALL RADIATE OUT TO EVERYTHING EVERYONE GOING FORWARD!