

CONSCIOUS LIVING

The Transformational Journey from Creative Consciousness



Creative
Consciousness

Conscious Living is a journey of personal transformation blending psychology, physiology, spirituality and science to arm you with practical insights and tools that enable you to create real and lasting shifts in your reality.

Following our Conscious Living process guarantees to bring awareness to personal and collective conditioning, the negative thought patterns that inform your limiting behaviours and free you from that which keeps you stuck and depleted of energy. The Conscious Living journey empowers you to discover a fully alive and authentic version of you, relating with others and the world in a way that fills you with joy and vitality.

At Creative Consciousness it is our mission to empower you to awaken your essence and fulfill on your greatness. We deliver world-class trainings with a team of world-class trainers that are meticulously trained to facilitate tangible shifts at root level. Our founder Marc Steinberg has used his 30+ years' experience of ontology, shadow work, rebirthing, zen meditation, tantra and transformational coaching to design the trainings in a way to make them practical and provide sustainable transformation.



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IS CONSCIOUS LIVING FOR YOU?

WHO are you, really?

DO YOU feel you are living from integrity and authenticity?

ARE YOU curious to find out your true essence and unleash all of your hidden potential into the world?



For most of our lives, we are conditioned to speak and act in certain ways in order to be accepted and loved by others. To belong is a fundamental human survival instinct so we will do almost anything to fit in even if we hide our true selves and live from a place of inauthenticity. We don't necessarily do this intentionally, most of the time we don't even know we are doing it.

Over time, we begin to believe that who we pretend to be is who we really are, we've buried our true selves so deep that we struggle to access it. The beautiful yet problematic issue is that the Universe wants our true essence to be revealed and will work relentlessly to reach this goal- if you are living out of alignment with your essence the Universe will let you know. The signals may show up in the form of extreme tiredness, burnout, anxiety, stress, insecurity, a feeling of hopelessness and the list goes on.

When you are living in true alignment to your essence you will be fueled with energy and vitality and life will simply flow. When you are not you will be depleted of life energy and everything will feel like a struggle. Which one would you choose?

The Conscious Living Journey Is For You If:



- You want to feel more energized and alive
- You feel stuck and have a desire for flow
- You struggle to live in the now and feel like life is passing you by
- You have a desire to bring awareness to and break through limiting thoughts and behaviours
- You want to take responsibility and free yourself from victimhood
- You desire to step into your power and live from a place of true confidence
- You have a yearning for "something more"
- You want to feel connected to yourself, others and the world around you
- You want to live a life of authenticity and integrity

Imagine if you didn't need to keep yourself small to be accepted and loved?

What if our survival strategies and defense mechanisms could be seen and recognised for what they are and you could move beyond them?

What if we lived in a world where we are free to choose our actions rather than be a victim of our ever-changing thoughts and emotions and live with authenticity and integrity.



1. THE CONSCIOUS LIVING JOURNEY- THE I, THE YOU AND THE WE

Conscious Living 1 - The I

Conscious Living 1 takes you on the journey into to discovering who you truly are by the experience of seeing what you're not. We offer you clarity and insight in to the real you- we peel away the layers of the onion to offer you a glimpse of the potential that lies beneath. From there, you have the freedom and power to choose your path forward as a creator of your life, and we give you the tools and resources you need to do just that.



Training Themes:

- **Freedom:**
Feel free, act free, be free
- **Passion:**
Create the life you love to live
- **Energy:**
Tap into your core energy and use it for constructive purposes
- **Clarity:**
See clearly what you want to accomplish in life
- **Integrity:**
Align your actions with your words
- **Awareness:**
Perceive reality as it is
- **Authenticity:**
Stay true to who you choose to be
- **Presence:**
Be fully in the here and now
- **Action:**
Act independently from your thinking and feeling



2. THE CONSCIOUS LIVING JOURNEY- THE I, THE YOU AND THE WE

Conscious Living 2 - The You

Once you have seen who and what you really are in Conscious Living 1, you will naturally wish to expand into consciously connecting on a deeper level with others. As powerful as we may be as individual creators, we cannot deny our innate need for connection. In Conscious Living 2, we examine our conditioning around connection. Why do we fear it? How can we trust enough to let someone in when we've been hurt in the past? Through experiential exercises, we create an environment in which you can feel safe to truly connect with another as your authentic self, with nothing to hide. When you can relax into your authentic self in the presence of another, you have the peace and space to be a more powerful creator individually and an exponentially more powerful co-creator of your life.



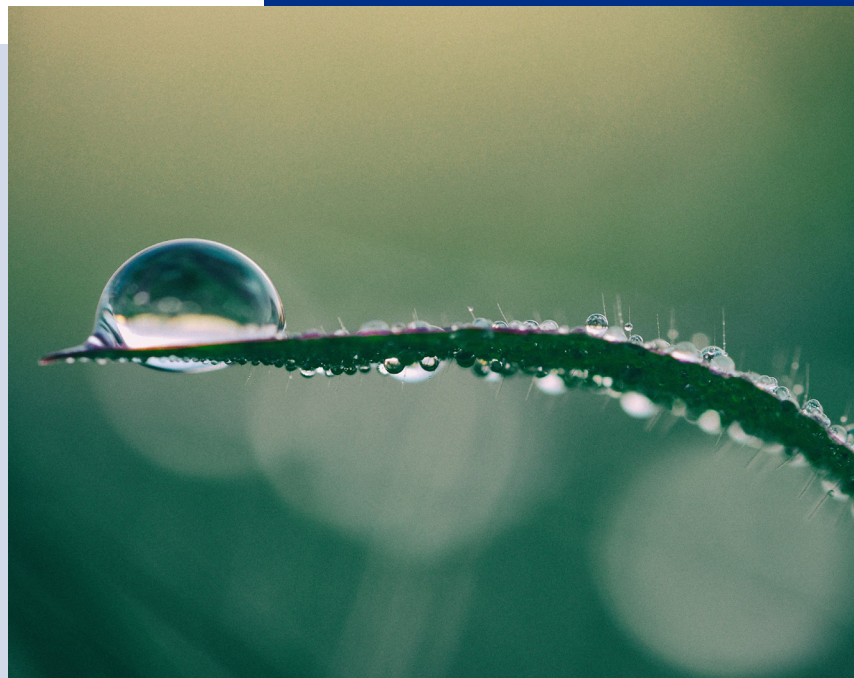
WHO ARE YOU
in relation to another?

WHO DO YOU "lose yourself" in relationships or constantly find yourself engaged in power struggles?



Training Themes:

- **Harmony:**
Live in harmony with self and other
- **Connection:**
Connect with others and allow your true self to be seen
- **Completion:**
Be fully present in the now by completing both the past and the future
- **Forgiveness:**
Stop using up your energy on punishing yourself and others
- **Receptivity and Transmission:**
Radiate your true essence and say yes to life
- **Growth and Power:**
Move from force to power to get what you want out of life



3 • THE CONSCIOUS LIVING JOURNEY- THE I, THE YOU AND THE WE

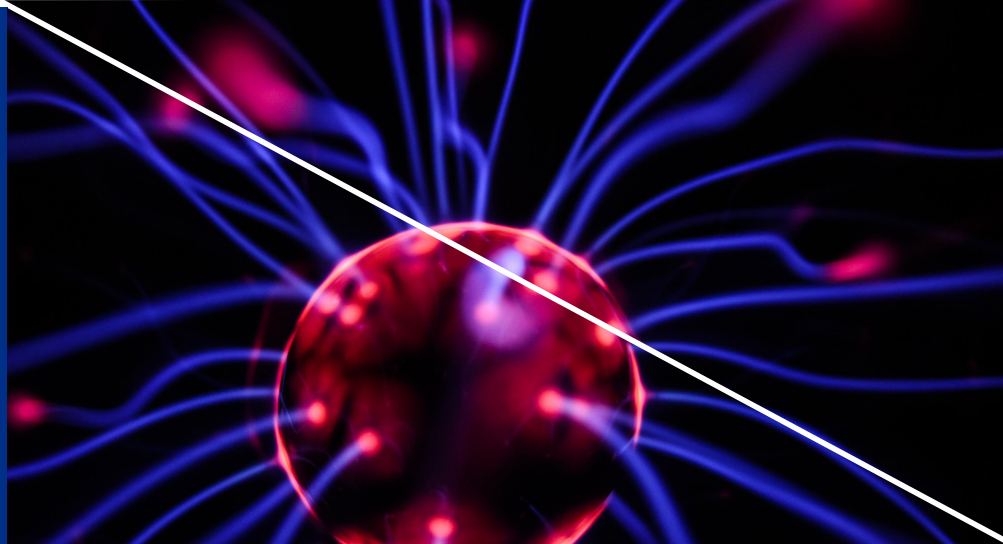
Conscious Living 3 - The We



WHO ARE YOU
as a conscious component
of the greater Whole?

WHAT influence do you have
on the world?

CAN you really make a
difference?



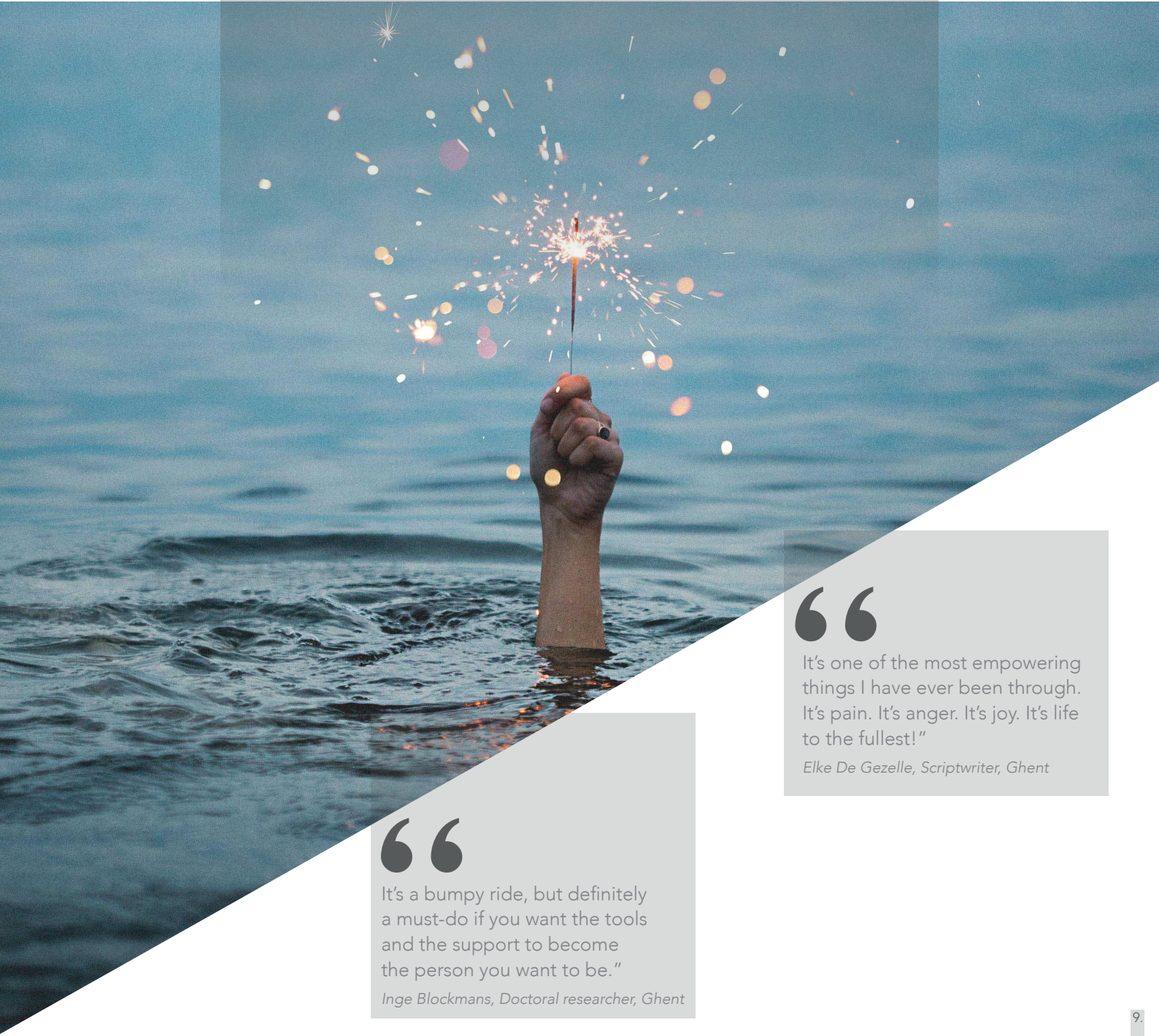
When you experience the joy and peace of deeply connecting to another, your curiosity instinctively expands into the mystery of your connection to all things. As science reveals more and more the secrets of the universe through the study of quantum physics, it is becoming clearer and more widely accepted that we are all made up of energy and therefore we are all one. Everything in existence is inextricably connected, we cannot separate ourselves no matter how hard our ego tries to convince us we can. Everything we say, do, and even what we think has an impact on the world and all it contains. If you knew truly this, not intellectually but if you could feel this beyond the mind, what would you choose to do, think and be? What kind of impact would you like to have on the world? In Conscious Living 3, we consider our contribution to the greater Whole and provide opportunities for you to really experience the bliss of oneness. From this reference point, it is simply a matter of choice in any given moment to be a force for the expansion and unity of all things. In this space, you will experience a profound sense of completion, as though you're coming home to yourself; along with the inexplicable feeling that you never really left.



Training Themes:

- **Oneness:**
See and feel your place in the world and consciously choose how to live your life
- **Neuroconditioning:**
Re-wire your brain to create the life you love to live
- **Comfort zone:**
The danger of your comfort zone and how to avoid contraction
- **Wave vs Particle:**
Flow through life with ease
- **Live from love:**
Expand your heart space and move from fear to love
- **Expansion:**
Free yourself from resistance and struggle

At Creative Consciousness we are so incredibly blessed to empower you on your journey back to self. It is a courageous and beautiful step you are taking and we will be there to guide, support and honour you every step of the way in creating the life you love to live.



“

It's one of the most empowering things I have ever been through. It's pain. It's anger. It's joy. It's life to the fullest!”

Elke De Gezelle, Scriptwriter, Ghent

“

It's a bumpy ride, but definitely a must-do if you want the tools and the support to become the person you want to be.”

Inge Blockmans, Doctoral researcher, Ghent



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