



Contact Information:

Stephen Paul
Phone: (801) 355-2526
Website: www.circledancer.com
Email: stephenpaul@circledancer.com

Sweet Freedom: How to Release Attachments that Limit Your Life

- How do we become attached to the people, things, and expectations in our lives?
- How do those attachments limit our lives?
- What are the attachments that limit your life?
- How can you release those attachments?

Participant Comments

"This is one--if not the best--way that I have found to deal with attachments. Thank you!"

"This workshop has allowed me to release an attachment that I hadn't realized that I had. Now, I can go forward as a lighter being."

"Powerful. Steve presents in a way that allows for "release" immediately, and I can actually utilize the visuals I had during the meditation exercises for application in my daily life."

Stephen Paul practiced psychology in both academic and private practice settings. His work has always focused on bringing our inner lives and our outer worlds into harmony. He currently lives in Salt Lake City and writes and speaks about living more simply, harmoniously, and respectfully--more in line with Spirit. His recent novel, *Hollow Bones*, follows the characters on a spirit-directed journey to fulfill ancient Native prophecies and give birth to an exciting new world.

