

Living an Authentic Life

What are you holding onto that's holding you back?

can be taught in a weekend intensive
or over the course of one month (5 classes)



daniela
mouser

EMANCIPATION OF THE SOUL™

living from your true self

Let's face it you are no stranger to self-help and healing. This is not your first rodeo! But somehow you still can't seem to overcome certain fears, patterns and past life traumas. You keep repeating the same mistakes, keep finding yourself in the same negative situations and keep attracting the same bad people into your life.

Luckily you have stumbled upon this deeply transformative workshop; my life's work. Let me share my own journey to self-empowerment and help you find out what is blocking you from opening up to your highest potential emotionally, spiritually, mentally and even physically. Self-Awareness is the first and biggest step in making positive changes. However not only will this workshop help you pin point your blocks but also provide you with constructive advice, exercises and steps you need to take in order to release them. This a very powerful workshop that may just change your life and how you view yourself. This workshop is very hands on and interactive and you will be able to fully engage in your healing process. Give yourself this gift and take responsibility for your own happiness again. The time for your EMPOWERMENT is now!

Your story in the past does not have to be your story in the future.

~ Daniela Mouser

“Are you making too many compromises in your personal and professional life?

Do you feel like you are not being heard or understood?

Are you unhappy in your relationships?

Are you often just going through the motions?

Do you constantly feel fatigue and lack of energy or enthusiasm?

Do you feel like disconnected from yourself and the world around you?

Do you feel alone? Do you suffer from stifling fears?

Do you worry about moving into the wrong direction or making the wrong choices in your life?”

Do you feel like there is something bigger or better out there for you?

Do you feel like you have lost your footing in the world?



The Program Includes:

- the warning signs, how did I get here
- self awareness, recognize the negative patterns
- what fears are shaping my reality
- physical ailments and their energetic root cause
- what is true empowerment and how do I give my power away
- embrace the sacred feminine
- recover a sense of self
- forgive and embrace
- acceptance vs. judgement
- how to really release stubborn patterns
- love is at the heart of the matter
- soul integrity
- time to reinvent yourself, write a new story
- many exercises, meditations and group discussions