

CONSCIOUS LIVING

Creating Change and Growing Dreams



Conscious living

Creating Change and Growing Dreams

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CONSCIOUS LIVING GLOBAL

President

Shona Ann Hill

Development Consultant

Chaplain Boaz Adhengo

Director of Finance

Mark Burn



Conscious living

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Editor-in-Chief

Shona Ann Hill

Managing Editor

Chaplain Boaz Adhengo

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Community Connections

Shona Ann Hill



Hello Dearest ALL

Welcome to the first edition of the Conscious Living Journal

This has long been part of a bigger vision of my purpose and it is finally grounded and present in this earth space.

I wish this Journal to be a space for ALL voices to be heard as life itself is a spiritual experience and true spirituality is life rather than a practice ... whether there be suffering or unabashed JOY it is part of the conscious experience knowingly or unknowingly. The Conscious Living Journal is a space of togetherness and community where all can be seen, heard and assisted to their chosen space of *beingness* and JOY.

In this introductory edition, I reflect upon my genesis, the story of healing. We also shine our new path of partnership in Kenya through Chaplain Boaz Adhengo, who is doing transformations through Christ in Him.

As the Founding President of Conscious Living Global, I have always had a strong heartfelt desire to restore humanity to its fullest and purest potential. What this is, is my heart out on the table. I am just a girl that was born in Chester, in the UK, that has a deep caring for ALL humanity. I wish to see humanity restored to all it deserves to be, to all it wants to be, to all it asks to be.

Prayers of all kinds are said daily, of how you wish to be helped. Here is where some of the answers may come. You have been heard, and I am guided daily in ways to help you in achieving your desires, visions, goals. Where you struggle, in time, we will provide you with all that you need going forward.

This is all that we are, and all the beautiful pearls, the precious pearls, and hearts that choose to come into this space will share with you all that they are. A part of the vision to help you, and all that we are for you to become one with us. In all your experiences you are not alone. We help you by our own example. We have experienced traumas of all kinds, so that we know where you are and what you need, to help you to move forward, to all that you see yourself to be.

There is no more waiting. It is here, and you deserve all that you have ever dreamed of, and here with us, you will gain your confidence, the ability to be all that you are in the space of all that is and create for yourself, all that you desire.

This is simply a platform, space, for you to come and know through the authentic stories that are here.

I was born with a deep awareness of the truth of humanity and I could see it. Some say it is a mistake I have made, that I chose to “fit in” to where humanity is; but without making that choice, I wouldn’t know the trauma that you have, and I would not know how to overcome it. It is because I made that choice that I may be an agent towards your restoration, for I know how you got there, and I know the choices that take you back to you.

Having been through sexual abuse, domestic violence, severe bullying and much worse of life experiences, am now transformed. With a strong focus and heartfelt desire and vision you can accomplish anything, and turn your life around from any place to a space of thriving in ALL possible ways.

You can make really FUN and positive things happen too that are so WONDERFUL that they appear to be miraculous ...with pure belief in who you are you can attract your heartfelt desires ... on this front I have hosted a conversation on Healing with Shirley MacLaine (*the actress*) on her website ... I have met Lady Gaga through a shared heartfelt desire to end bullying and seeing her performance at the closing night of the Roseland Ballroom in New York City ... and I have also received a surprise invitation to as a guest of a judge at a Monte Carlo Festival ... that was an eye opener in how “*the other half live*” ... when you come from JOY you bring JOYFUL experiences and play into your world and life and work to become one.

As the world restores in its beautiful individuality and collectivity we will all share FUN, JOY and PLAY as we bring into being that world we desire and envision for us ALL ... A beautiful divinely balanced world where ALL are acknowledged and empowered in the TRUTH of who they are, and their divine place in the space of the world and it’s structure are known.

I look forward to sharing this journey with you, and all humanity, and share my deep love for all that you are, and help you to shine in the way that you choose. I invite ALL to contribute their conscious awareness at whatever level as we grow and expand to create a New Earth for us ALL that is as each of us choose to visualise it and create it

We are creator beings and what we believe in grounds whatever that belief may be.

This is a space of sharing and community and I look forward to connecting with you all personally on the deepest level as we expand

Shona Ann Hill is President to Conscious Living Global and Editor-in-Chief of Conscious Living Magazine; she loves travelling and helping people discover their inner purpose. Her most recent book is “Be Yourself With Confidence”. She holds a Bachelor of Arts in American Studies from York St. John University in United Kingdom.



Simple, rewarding, collaborative: the benefits of joining Conscious Living Global. We invite organisations to apply to become a partner today and to begin enjoying the benefits of conscious living.

What Does it mean to be a Partner

It means your organisation shares our vision of free, prosperous and peaceful world where limited governments defend the rule of law, private property and free markets. It also means you welcome professional opportunities to broaden your network and to share ideas with like-minded organisations around the world.

What Does it mean to Qualify

Conscious Living Global is a space for all the beauty and individuality this world has to offer to come together to play. The ultimate aim of CLG is to restore humanity to its JOYFUL core, through a Worldwide Movement, so that all those hindrances such as stress, illness and disease become a thing of the past as each person shows up purposefully to fulfil their heart's truest and purest desires.

The mission of Conscious Living Global is to increase opportunity and prosperity by strengthening a world network of independent civil organisations that promote individual freedom and remove barriers of human flourish. To fulfil that mission, it is fundamental that Conscious Living Global maintains an inclusive network based on principles of respect and the dignity of the individual. We do that by opposing discrimination, antagonism, and intolerance based on professional status, sexual orientation, gender, race, marital status, ethnicity or religion.

By qualifying as a partner, it means that your organisation:

- Has a mission that supports our shared vision
- Operates independently (*meaning that you pursue a diverse base of support from voluntary sources*).
- Has a regularly updated online presence (*when appropriate*).
- Has an institutional commitment to full-time or near-full time operation.
- A budget that supports at least one full-time staff.

If you meet only some of these criteria but you share our vision, we are still eager to support your efforts particularly if your ambition is to meet all partner criteria.

If you have any questions about qualifying for partnership, please contact Ms. Shona Ann Hill, President of Conscious Living Global (shona@consciouslivingglobal.com)

By joining the Conscious Living Global, you will have access to apply for training and travel opportunities throughout the year. Your organisation will be listed in the Conscious Living Global Directory and many of your success stories will be published in the Conscious Living Magazine that is promoted through our international community of partners, donors and the media

Our Partners

Currently, Conscious Living Global has developed strategic continental partnerships with Africa and the India sub-continent. The collaborative base is growing as more fusion is realised by involving the different dimensions of the global realities. We envision to have representations in all the five continents.

The Middle Path - The Place of Pure Conscious Living

Shona Ann Hill

There is a statement that is always flowing through me strongly "The Closer to Nothing You Are The Wiser You Be".

What does this really mean???

Truly pure Conscious Living is about "The Middle Path" ... a space that recognised that ALL things in this world are neutral and they are only made good or bad by a persons perspective. As we have known through the last year and a half, something like a perceived illness can affect the whole world, and yet not one single person can have the same experience when asked ... this is because it is a perspective through which we can learn and become closer to the best version of ourself ... the part of us that is full of miraculous experience. This can also be termed as "Christ Consciousness".

To be nothing is not hiding behind the hedge penniless feeling small and insignificant, as though the world owes us a living ... it is to be in pure JOY ... it is to have cleared from the system everything that is holding us back from our most beautiful being ... our soul integrated and aligned if you will, purposeful and full of action to help the self and ALL living things to have the best experience that could be possible in this Earth space. People, animals and nature itself are all a part of this beautiful experience. The Earth is really a playground through which we can "wake up" to recognise our fullest potential and take action in it for the benefit of ALL.

What does this give us???

In truth a space of Truth, Trust and Wisdom ... a space where it is most definitely true that we are all equal but definitely not the same.

Each of us has a miraculous gift to unfold and this is done by learning the skills to clear the system of all emotions but peace, love, courage and JOY. This is a space without fear ... and if we do experience fear and other triggering in our system, we can transmute it easily through our own deep connection to creation/Source/God that is within us, so we can still move forward in our own journey and experience. We see this most strongly through the life experience of Yeshua (Jesus). You could say that the Middle Path is walking in his footsteps.

We live in a world of duality, a place of extremes, where good and bad (if indeed you still believe in their existence) can still be seen everywhere. The life of Pure Consciousness is to be an observer to the worlds experience. See it and know it but never being involved in it. The space of JOY which is full Conscious Living contains the wisdom and knowing to provide the answers to prayers, to create that world that so many are asking for ... it is a space of humility, courage and deep knowing of life experience ... It is also a space of togetherness and community where all know they exist to help others to grow and to be to the utmost of their capabilities.

No person is a lone island. Though we all have moments when we feel like this ... moments of separation from what is true and feels safe to us

...

Why???

Usually it is because something in our experience has caused misalignment in our system and requires looking at and if possible clearing out so it doesn't bother us again. The bigger the misalignment the more attention needs to be paid as to what our soul is actually telling us. You see each experience that can be seen as bad is really there to show us our purpose and what we are here to change in the world ... everything is seen back to front a lot of the time ... we frequently get sucked into drama and story when in fact there is none ... in truth there is only a journey to our full potential. As I said in the beginning everything is merely a perspective that can be changed with a thought.

The Central Nervous System of the body can be our best friend but also our worst enemy. It is keeping us safe in its eyes by creating fears for us. Really, all it is doing is providing us distractions and stories that keep us from exploring our potential.

I am travelling through an interesting part of my journey at the moment which is showing this beautifully. My mum experienced a stroke through which she lost speech and all movement and sensation in her right side. She was present with the choice ... Do I restore or do I remain like this???

The choice to restore was made. And in the space of 4 months, she can now speak, walk aided and is beginning to relearn how to do steps. She is finding her alignment with her soul and it's potential ... the JOY of the Middle Path.

Observing her journey has provided some AMAZING insights ... how things can be done without effort being one of them ... she thinks something and her arm is doing it without her even knowing as she can't really feel it ... she moves to think she has to put actions into being and the action is already done without her really thinking about it. To which she often chuckles ... However, when her physios come and ask her for what they want the brain kicks in and she suddenly finds it difficult and often says "I can't" whilst slowly making it happen ... proving of course that she can.

When we are misaligned our brain is a whirling dervish leading the way ... but as you can see from the above it is actually blocking us, or slowing us down.

So one of my ways of assisting her is teaching the tools to quieten the thoughts do the body can flow in ease and grace to restoration ... through empowering conversation and healing with me daily she has brought the swift improvement to herself. I can not do it for her

... I am merely a beacon that shows the way when needed on the journey of helping herself. This is the humility of the Middle Path ... we assist others to find their beauty of self and full potential we do not do it for them, no matter how it may look to the outside eye.

The same applies to the miracles of Yeshua (Jesus) ... They were the hearts desires of the people involved made manifest, but were not done by him alone ... he was the catalyst for the happenings of the hearts desires of all involved ... this is the energetic connection and oneness of the world and it's inhabitants explained and how in every scenario what affects one affects all, though no one has the same experience. This is the true Conscious Global Community ... In this awareness why would you ever move to quarrel with yourself or others ... if what harms you also harms everyone why wouldn't you just move to experience JOY in your world. Authentic Truth, Trust in Creation/Source/God, Wisdom to know the effects for all in every action you take.

Everywhere in the world at present we see duality ... the presence of dark and light, good and bad, right and wrong ... This is all relevant to help us to restore find the Middle Path and be at peace and JOY as the observer whilst all work towards the same knowingness whether they realise it or not ... gently does it and not everyone is ready ... consequently many on the Middle Path are referred to as crazy, as many do not yet have this awareness so great misunderstanding takes place ... until of course it does not and that is when we know the New Earth we have been asking for is present and all pain and suffering is dissipated ... This takes much time ... many choose to get there kicking and screaming through everything ... others choose to let go and let flow the grace of Creation/Source/God and find the space of peace and JOY more easily ... and we already inhabiting the space be the beacons and guides to help others to achieve it when they are ready to do so.

Conscious Living is recognising that every single thing is connected, people, animals and nature ... to see ourselves anchored in this knowing is Higher Consciousness or Christ Consciousness. And also living by the philosophy "treat thy neighbour as thyself" is paramount within it ...

The key to Ultimate Consciousness is LOVE and realising everything exists to help you achieve your full potential and purpose upon this Earth plain.

The connection to all things is through energetic impulse. The elements Earth, Water, Air and Fire are all a part of our system seen in form outside of us ... Everything outward is representative of our inward experience which is why no ones perception of the same experience is actually the same. Each individual has something different to restore from each experience they share.

Look at the current experience with Covid 19 ... The whole world has been affected and yet no one describes the same experience exactly ... there is duality showing around it in full flight, with all the extremes of possibility floating around bringing up fears in some and not in others ... whether we experience the illness itself or fears around the vaccine showing up in various interesting extremes ... the truth is everything is neutral ... something to show us the way to our fullest potential and our own "Prophet", if you will, within us. Nothing is bad unless we choose to make it so. We can overcome ALL things in the space of neutrality, the space of JOY, the space in which all is possible as there is absolutely nothing remaining to block it from happening. The magnificence of ALL people lies in the space of nothingness ... the space where pure life itself dances in JOY at ALL happenings no matter what they are, for there is the wisdom of God/Creation/Source. This space only recognises there is a journey of growth and restoration ... a journey we have turned away from for over 6,000 years, thinking we are more than creation itself ...

To wake up is to recognise we are a part of creation/God/Source and there is no separation. There is no man in the sky ... there is a formless conscious energy that communicates through ALL life. We have words ... but how does an animal communicate and get what it wants through energetic impulse ... demonstrating its hearts desires through actions and expressions of purpose by where it stands, what it picks up, how it demonstrates body language and you make the connection through the energetic impulse behind it as to how you move or not accordingly. Animals are also a part of God/Creation/Source and are key for us connecting with our own consciousness ... I spend much time in communication with animals and they respond to me as a friend no matter who they are ... when people have animal issues they tend to call on me as the problem solver ... a so called "problem horse" that won't come in for its owner will always walk over to me and all I say to them is "Are you going to come in for Auntie Shona???" ... My vibration is harmonious and of love so they respond to it instantly...

In the space of Conscious Living the ability to take charge of ones experience with all things is possible ... In nature too we can demonstrate our inner power ... The elements are often also representative ... I find if it is raining in the morning and I sit with myself there is a cleansing within me needing to take place around something ... often when it is dealt with the sun will come out and help me celebrate the fact... Also with my hearts desire, if it is strong enough, I have changed a weather pattern from pouring rain to sunshine in time for an activity outdoors I wish to pursue. Your JOY makes wonders happen around you if you choose to seek it in its purest sense.

All the 4 main elements Earth, Air, Fire and Water have fear factors around them, as do people's personalities and animals responses at times. They are only ever mirroring what remains in us if fear and the many emotions and actions that are part of it are triggered.

The element of fire has been the most interesting for me to connect with. As a child I was deeply afraid of it ... the idea of lighting a match to even start a fire or light a candle absolutely terrified me... NOW I am an internationally trained firewalk instructor... Fire is actually the ultimate creative energy ... the Earth's core is fire demonstrating nothing could exist without it ... Even in religion the Holy Spirit appears as a flame.

Yet despite this many see it as a destructive force and associate it with dark activities ... but where fire has been rejuvenation and newness pours forth often producing better than was there before ... I LOVE firewalking for this Conscious reason and the fact that you can ground purpose and projects through it and recognise your power to vibrate more than fire so that it cannot hurt you ...

The Earth is simply a Conscious playground where every single word, action and experience is taking us to the purest version of self we can be ... that Creator being that Yeshua (Jesus) have us a powerful picture of ...

"The meek shall inherit the Earth" ... that time is NOW as awakening to our inner power and allowing it to unfold its beauty in the world.

Trust is currency ... so to trust the process of life is to be abundant in ALL areas of life ... including monetary ... money too is a neutral entity that we put much attachment to and blame ... everything is about you and how much you trust yourself and your part of Creation/God/Source ... Everything that exists can be connected to in neutrality and JOY within you ... God is not a man in the sky represented by a few ... God is the creation of ALL things therefore a part of you and your inner experience ... The more you Trust yourself the more abundance you create and the more you can overflow your JOY to the assistance of others ... to help others before you have helped yourself has the potential to burn you out ... help yourself to ultimate consciousness and the outpouring is more energising than anything else in your experience ...

Through the Journey of this Journal I will expand on the things spoken about here and go into each in depth... Looking also at different continents and world spaces ... the sense of community that exists and is becoming more conscious and powerful all the time ...

In the next issue we will look at Africa ... please feel free to send any thoughts to us to be seen as this is a space for ALL voices

The Middle Path - The Place of Pure Conscious Living awaits and beckons you to take charge of your experience and allow ALL your prayers to be answered

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we have your **Study Bible.**





Christ Consciousness

BOAZ ADHENGO

Christ Consciousness is a term used to refer to a spiritual pattern or God pattern that is a part of each of us. That pattern, or impulse, or tendency can be awakened through particular attitudes and actions. For western man and those familiar with the New Testament, Christ was an example of one whose attitudes and actions were such that this pattern was activated. The manifestation of love and “*fruits of the spirit*” which are basic to most of the world’s religions are the types of attitudes and behaviour that activate this pattern.

Christ Consciousness is a universal consciousness or can be referred to as the Holy Spirit. It is a state of consciousness that is not always suddenly attainable but a state that one grows toward through application of and faith in the process of "being at one with the divine that is within."

Two of the major tools available to facilitate the awareness of this state of consciousness are the will and the process of turning within through meditation and dream study. The will can be referred to as a kind of force or unit of energy, perhaps somewhat analogous to a muscle. The muscle is strengthened through specific exercises and the will is strengthened through making choices. Choices that are made in accord with one's ideal or in accord with God's will would facilitate the development of the awareness of the Christ Consciousness or the God within, or awareness of one's relationship to the Creative Forces.

Looking inward through meditation and dream study can also be helpful in this process of increased awareness. There are books and other specific references that would provide a more detailed guide to the use of these tools.

In the soul's expression and its purposes for entering in this particular experience, in the sojourn through experience or time, we find those influences that have made for that awareness within the mental, the soul-being, of that oneness of purpose through which Creative Energy has prepared that channel, that way in which the soul - as the companion with the Creative Forces - may become more and more aware of its atoneness with the Christ Consciousness in materiality.

First be conscious of this - that the Lord hath need of thee with thy faults, with thy virtues. For without the consciousness that thou art His and He is thine, ye may not claim that birthright, ye may not pass this way without sorrow or without condemnation. But with that consciousness He healeth thy diseases, He instructeth thy mind, He pointeth the way that ye will choose.

Know first, in the spiritual attitude, as ye attempt to analyze self and self's abilities, self's faults, self's virtues, that the nearer ye may build thy mind to the Christ Consciousness the better may be the mental being, and a great deal of strength may be gained in the physical being also...hitherto, as may be inferred, peace within the self must first be found, which comes from the abiding faith in the universal consciousness or love as manifested by Jesus the Christ. This first applied in self, then in the associations with others, especially of those groups in those directions indicated, we will find harmony, a life experience which will bring not only a better place for others to live, but more harmony in self's own experience.

Do study scripture. Do analyse it. Begin with definite portions, as: **Exodus 19:5**. Then study thoroughly the whole of Exodus 20, then **Deuteronomy 30**. Then make the pattern of thy life the 23rd Psalm, and then the first ten verses of the first chapter of **John**. And then the 14th, 15th, 16th, 17th of John. And then the 13th of **I Corinthians**. These should not merely be learned, but used as patterns; not as a show, but as something to be used in the experience with others to become a little more patient, a little more sincere, with self, a little kinder to those less fortunate, a little more of brotherly love to those who are high-minded, who think and act as if they were the patterns of the world. This should be the applied study of the individual entity in this experience, - awakening to the realization of the help as in the Christ-Consciousness may be brought into the lives of individuals. There is no greater service than awakening an individual to the consciousness of that presence which may abide within.

For the spirit of the Christ may abide within the entity, and its love then for children, its love for home, will bring harmony, peace, love, happiness within the experience of the entity. Thy body is indeed the temple of the living God.

This is not indicating that the entity is to be long-faced or be sad about its choices of activity, but rather be happy, be joyous, be glad! For the Lord will not withhold any good thing from those who love His coming and who prepare for it in the minds and hearts of others.

The man, the body, and the manifestations of the flesh are as but a channel, a manner, a means through which the soul may through its activities manifest the attributes of the spirit of truth. Man finds himself in that state where he is subject to the faults, the failures, those conditions that work upon the weaknesses wherein he has failed. And, as an individual finds, these work through environmental and hereditary influences, also through associations. Yet there is ever the awareness in the experiences of those who seek, that the Father, the God, the Creative Force, has prepared - has given man, the individual - the way of escape from those things that so easily beset. That the activities must become the voluntary choice of the entity, the soul, has been shown, manifested, given in the manner in which the Christ Consciousness in the earth was manifested through the lowly Nazarene; that came in order that man - through His example, His love, His patience, His hope manifested, through the attributes of the Spirit that He exemplified in His activity both as to word and as to precept - might choose, as He, to do that which is right, that which is just, that which is sincere, that which is honest in the activities one with another. And as He has given, "As ye do it unto the least of thy brethren, ye do it unto me."

Also He has given, as the Father's promise has been to Him and to man through those various channels of approach, "Ye abiding in me and I in the Father, ye may know that consciousness that I and the Father abide in thee." That is the manner in which the individual, the soul, may at THIS time become more and more aware of the Christ Consciousness, that manifested by and through the man Jesus, that is the promise and the sureness as shown in Him from the Father unto thee.

The way is simple. Yet those who would seek through the mysteries of nature, the mysteries of the manifestations of life in the earth, or those who would see rather the activities of their neighbours, friends, associates day by day, than listen to that which may be had through the still small voice from within, become in the position of being troubled and wondering - and then fearful; and then there come those periods when the sureness of self is lacking.

All things having force or power in the earth, in the heavens, in the sea, are given that power from Him; that those who seek may know Him the better. He hath not willed, He hath not destined that any soul should perish. In patience, in persistency, in consistency of thy manifestations of His love before and to and of thy fellow man, ye become aware that thy soul is a portion of the Creator, that it is the gift of the Father TO THEE. This is manifested in thine daily experience. That portion of thy body which is of the earth-earthy remains with the earth, but that thou hast glorified, that thou hast used as a channel for the manifestations of His Spirit - of thy soul in communion with Him, THAT body will be raised with Him in righteousness. That the physical body becomes ensnared,

entangled in those things in the earth, through the gratifying of those desires that are fleshly alone, those that are carnal, is manifested by the disease, the corruption, the turmoil, the strife that arises within the experience of each soul in its THOUGHTFUL activities in the earth.

The soul, then, must return - WILL return - to its Maker. It is a portion of the Creative Force, which is energized into activity even in materiality, in the flesh. Yet it may, with thine own understanding and thine own manifestations, come to be as a portion of that thou bringest in thy love into thy fellow man, for thy Father-God, for thy activity to be ONE with Him in those realms of activity and experience that ye ARE aware of His presence, of His abiding love, of His abiding faith IN thee motivating thee in thy activities in every direction.

When the Spirit of the Father, when the activities that the Christ - the man - gave to the sons of men - are made manifest in thine own life day by day, then ye become aware of His presence abiding in thee.

KNOW the Truth, for the truth is as He gave; the truth is He, and His words. For He hath given, "Though the heavens and the earth may pass away, MY words, my promise, shall NOT pass away."

Let not, then, the cares of the world, the deceitfulness of riches, the pomp and glory of the earthly nature, or fame or even to be well-spoken of, hinder thee from APPLYING in thy relationships with thy fellow man that thou KNOWEST to be the manner in which ye may become aware of His presence.

Maestro Boaz Adhengo is President to Creative Arts Society of Kenya, a leadership coach, business for arts consultant and a cultural policy strategist. Having published forty five books, he manages the Adhengo Boaz & Associates consulting group and is co-founder of the Buruburu Basketball Ministry, Inc. He is also the Growth and Development Consultant at Conscious Living Global.

He has been recently ordained as a Life Coach Minister by the Christian Leaders Ministries, Michigan, U.S.A. and administers the missions mobility fund.

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Conscious living
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As an ASSOCIATE MEMBER of the Conscious Living Global, you will receive two issues a year of the **Conscious Living Magazine**. The entertaining and proactive magazine keeps you up-to-date on having activities of a conscious life and provides a forum for members to share ideas and plans. Other benefits you will receive as an ASSOCIATE MEMBER include:

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