

## In the Silence....

My life is an amazing journey. I am surrounded by loving family and friends.... I am connecting with my gifts all the time... I travel the world..... I balance my work and play.... I commit to the connection with myself.

My incredible life is a result of me connecting with the Silence. I have learned to listen to my inner voice from the Silence. This Silence comes when I relax, connect with my breathing and am just aware..... aware of the Silence.

My life is rich. I laugh... I cry..... I feel.... I love.... I am content; and I'm doing what I truly want to do. I fill my life with as many experiences as I can, and I live as open-heartedly as I know how.

I would like to share with you through this small book.... some snippets of the expression of my connection and experience.

It has been through bodywork - massage/energy healing/touch etc consistently and with commitment for over 20 years from modalities and philosophies from around the world, that I have opened the door into a deeper connection with who I am and a clarity within which enables me to listen to my inner voice so that I can make decisions which have enabled me to live this incredibly fulfilling life that I live.

In your hands now is a collection of images and words, which reveal to you just a teensy window into who I am.

If you too would like to embark upon a journey of learning about who you are and what you want in your life - I can support you through my bodywork. This is not a one session, quick fix. It will require commitment to yourself and it will be a journey requiring consistency and at times courage. At times this journey can be overwhelming, surprising and incredibly fun and exciting!

Your connection and expression will not be the same as mine in words and photographs.... but who knows what you will uncover when you start to relax your muscles and allow yourself to soften into a place of deep peace so that you can start to connect more deeply in the silence with who you are and listen to the guidance to make choices to what fulfils you.

If you would like to connect with that space of deep peace.... of that place of luscious silence.... make an appointment with me, and we can work together through my massage and bodywork to create the space where you too can listen to the Silence.

With Love,

Julie Stephenson

healer, bodyworker and teacher

Freedom Bodywork