

Gary M. Douglas & Dain Heer - Mindfulness or Awareness Sep-18 Telecall

Translated versions available. See details below!

Duration: 1 Telecall

Facilitator: Gary M. Douglas, Dr. Dain Heer

Format: MP3 and PDF Digital Downloads

Pre-Requisite: None

What is Mindfulness or Awareness?

If you are on the creative edge, you're always in the question of what's next, what else is possible, and how does it get any better than this? On the creative edge, you and your contribution are what creates the change.

Mindfulness is the way you become involved with things. Awareness is the way you become engaged with something. Engagement is the place you can interact – you have choice with engagement – you don't have choice with involvement.

Your choice is what creates the possibility.

–Gary M. Douglas

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Gary M. Douglas, Founder of Access Consciousness

Gary Douglas pioneered a set of transformational life changing tools and processes known as Access Consciousness® over 30 years ago. These tools that are on the creative edge of consciousness have transformed the lives of tens of thousands of people all over the world. His work has spread to more than 170 countries, with over 5,000 trained facilitators worldwide. Simple and so effective, the tools facilitate people of all ages and backgrounds to help remove limitations holding them back from the freedom to live and create a life they truly desire.



Dr. Dain Heer, Co-Creator of Access Consciousness

Dr. Dain Heer is an internationally renowned speaker and facilitator of consciousness and change. For over 20 years now, Dain has been co-creating Access Consciousness and inviting people worldwide to embrace their true greatness — people from every culture, country, age and social strata of society. Originally trained as a chiropractor, he has a completely different approach to energetic change and healing by facilitating people to tap into and recognize their own capacities, potency and knowing.