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EMPOWERMENT



**Authentic Living**  
**Wednesday at 1 PM Pacific**  
**August 6th 2014: Learning to Fly**

There are many ways of flying. Attempting to transcend life by flying through life without ever living—by using drugs and alcohol as a replacement for dealing with emotions, is one of the most obvious examples. Sticking our heads in the sand and pretending that difficult challenges are not really happening, is another. Bargaining with the difficulties of living with IF I... THEN they'll or THEN this will happen, is yet another. But transcendence is not the same as avoidance. And today we are going to learn the fine art of learning to fly. Don't miss it.



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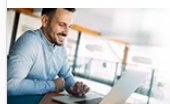
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