

Welcome to From Survival to Freedom!

I'm so delighted you're here and truly look forward to our time together.

This first module opens the doorway into Somatic Awakening®—its foundations and the power of nervous system regulation. Inside, you'll find five lessons, a grounding meditation, and a beautiful transmission from Mother Mary, along with supportive homework, journal prompts, and handouts to deepen your experience.

You'll also receive your first bonus: the *Break Free Meditations*. The first two meditations are devoted to grounding, and I gently encourage you to weave them into your daily rhythm. Many past students have found these shorter, 20-minute meditations especially supportive for consistent integration alongside the longer transmissions. For each module I will let you know which Break Free meditations align with it. You will find the Break Free course in your dashboard. You can access your dashboard by going to Admin > Dashboard from the main menu at the top of the page.

As you move through the material, allow your questions to arise and be noted—then bring them with you to our Live Gathering.

Our Module 1 Live Integration Gathering will be on Wednesday, April 29th, from 6:00–7:30 PM PT. This will be a space to connect, receive a meditation/transmission, explore key teachings from the module, and open into Q&A. A Zoom link will be sent to you ahead of time.

I'm so glad you're here...welcome.

Blessings and Love,
Melissa