Emotional Liberation

with Becca Williams

TRANSCEND TRIGGERS & TRAUMA

The A.L.C.H.E.M.Y. Blueprint

8-Week Masterclass Course

Becca helps people process and release self-defeating emotions, pain and trauma from their bodies and their hearts and equip them with the super power to effectively and gracefully handle any situation that arises in their personal lives and in their interactions with others.

The A.L.C.H.E.M.Y. Blueprint for Emotional Liberation

Steps	A – Aha!	L – Liberate	C – Clarify	H – Harmonize	E – Embrace	M – Metamorphize	Y – YOU
Outcome 1	**Aha!** Understand how troubling emotions are your Inner guidance system	**Liberate** yourself from triggers, drama and upset with ancient "industrial strength" meditation	**Clarify** the impact of microdosing on emotional healing	**Harmonize** your relationship with microdosing for safe & impactful deep Inner Exploration	**Embrace** & experience Emotional Liberation's 7 difficult emotions	**Metamorphize** & heal wounds of earlier trauma; Release toxic coping mechanisms	**YOU** become a Master of your Emotions
Outcome 2	Develop your ability to interpret your Anxiety, Self- Doubt, Depression, Anger & Sadness	Establish a daily practice to strengthen your nervous system and rewire your brain	Become intimately familiar with microdosing protocols to understand their potent effect on your emotional recovery	Become confident in your exploration with plant medicine regardless of your experience – from none to enduring	Learn how to differentiate what you're feeling – so NO MORE emotional flooding	Embrace Eastern Psychology's "Soul Work" that leads you to break-throughs and on-going transformation	**YOU** acquire the ability to cultivate emotional habits that enrich your personal and professional life
Outcome 3	Recognize how microdosing catalyzes this process	Design your personal environment to support your transition to living in calm, centered clarity	Understand the importance of your diet's role in establishing & maintaining good health	Align this multidisciplinary approach for optimal integration	Identify, dissolve and transform barriers in yourself at the deepest level	Open more fully to every aspect of how you love, how you live, how you lead, how you parent	**YOU** develop innate skills of Inner guidance, self-healing & personal power for an ever expansive life