Being and Becoming ~ 8-week guided experiential journey of going in and moving through.

Gain clarity, tools, and skills while sitting in a power of eight circle.

Beginning with the head, we explore how the mind runs the show. Change your mind, change your life!

Moving to the throat, we explore our true voice and learn to speak our truth.

Deepening in the heart, we explore our emotional realm, our connections and how we show up in relationship.

Dropping to the core or gut, we explore using the body as our decision maker. Learning to trust our gut knowledge.

When we reach the root, we know who we are and what we are becoming.

Here is what the experience looks like:

Weeks 1 and 2: The Anatomy of Belief. The origin of our conscious and unconscious thoughts.

Weeks 3 and 4: Attuning to the emotional realm as true medicine. Emotions create physiological responses. How we can collaborate with them for our healing.

Weeks 5 and 6: The power of intuition and core knowing for optimal decision making. The body is the most dependable decision maker because it always tells the truth!

Weeks 7 and 8: Sovereign Being of Light ~ beyond the labels and roles, what is my greatest unique expression?

Investment: $400

Details: 8-week, ninety-minute sessions live on Zoom (group size limited to 8)
Monday March 2 – April 20, 2026
Time: 12:00 pm PT; 3:00 pm ET; 8:00pm UK

Groups of eight are forming now. To be put on the waitlist, please email me at mmiercoach@gmail.com
Payment link sent upon registering.