

The Skills of Liberation

Navigating 2022 and Beyond

To liberate humanity is to liberate your spirit.

To give yourself the freedom to be you.

Unconstrained by the expectations and limitations of other people.

To live your fullest expression of life in the way you choose.

Your freedom is your ultimate gift to all of us.

It's your generosity, love and creativity being shared.





Navigating 2022 And Beyond

We are navigating a world that challenges much of what we thought we knew about life and we have significant choices ahead of us. The choices we make individually influence the choices we make collectively.

Some of the biggest choices include:

Freedom or control

Expansion or contraction

Speak or keep silent

Love or fear

Broaden or narrow perspective

Do something or wait

Good enough or not good enough

A world that works for all of us or a world that works for a few

The choices are obvious but they demand a new level of skill. Relying on what we already know doesn't appear to be enough for today's world, let alone the future.

2022 is the perfect year to be developing skills. It suits the energy and potential of the year and can become the catalyst for significant global changes that will unfold over many years to come.

The Skills of Liberation Program

The Skills of Liberation is a 9 week program, led by Sarah McCrum, where you will develop key skills for the future in a conscious, international community.

The purpose is to build your capacity as an active contributor to a world that is founded on love, generosity, abundance and the principles of nature.

Together you will learn, practise and share skills that create dynamic shifts which will simultaneously touch your personal, business and public life.

This is a cutting edge exploration of how people who aren't hugely famous, powerful or wealthy can positively influence the future of humanity.

The Skills of Liberation Experience

The Skills of Liberation is a practical program that runs on a two week cycle. For each cycle you will start by learning and activating a new skill with Sarah. Then you'll spend time practising it with your peers. Sarah will coach individuals in front of the group so



you can improve your skills and build your experience. Finally you will share your outcomes within the community.

The most powerful way to participate is to be active and take responsibility for yourself and your contribution. You may find it challenging at times. That's the nature of the work we're doing together.

Ultimately the purpose for each participant is to liberate your spirit so you feel powerful and capable of contributing actively to a better world for us and future generations.

Who's it for?

Conscious business owners and self-employed people

Purpose-centred project leaders

Gamechangers, visionaries and changemakers

People who are ready and eager to step up and make more of a positive difference

Please note: Your personal commitment to positive change is more important than whether you have a business or not.

Key outcomes

By participating in this program you'll find yourself able to:

- Ask beautiful questions so your life becomes the answer you're looking for.
- Find a place of alert relaxation and unknowing, where you're ready for anything.
- See the essence of challenging situations and great opportunities so you have no fear and you can do very little to achieve a lot.
- Respond appropriately to dynamic chain reactions when it seems like everything is changing at the same time on multiple levels.
- Maintain your ability to keep moving forwards when everything around you feels like it's going in the opposite direction.
- Find an inner place of liberation from which to make decisions about what to do and what not to do next.



The Community

The community will be a very special aspect of The Skills of Liberation. It's a privilege and a joy to connect with an international community of conscious, committed people who show up fully in every meeting and communication.

Here are some comments people have made recently about working with Sarah:

"I resonate so deeply with this new way of being, this new way of looking deeply into the essence of scenarios, relationships, questions, EVERYTHING and thus empowering the essence to transform whatever it is that is being seen to its next higher level of evolution, all in tune with nature. This new way of operating and understanding feels nothing short of revolutionary to me and is the key that I didn't even realize I had been looking for."

Noel King, Richmond, VA, USA

"I cannot overstate the value of the community that gathers around Sarah's work. This community has helped me navigate through this last year with abundance, creativity and potency. This community is invaluable for networking with people and opportunities all over the world. And last, but most important, I have made lifelong friends."

Daven, Santa Fe, New Mexico, USA

"Today, I felt very alive. I shall remember it always. You've helped me start to mend my broken hearted view of our world."

Deniz Botkin, Ralston, Nebraska, USA

"Sarah is a wisdom teacher who so eloquently balances her gentle ways to nudge us to tap into our innate wisdom and yet demonstrates her ability to cut through our old stories so that we can experience our truths that want to come to light. Her teachings and wisdom are a result of her years of exploration and practice. She lives her truth with vulnerability and humility."

Connie McDonald



The Structure

Over 9 weeks we will focus on 5 skills. There will be two sessions each week. One will be a whole group session and the other will be a small group session, using breakouts in zoom.

The first 4 skills will last two weeks each. The final one will last one week. There will be 4 different types of session.

1. Learning the skill (whole group)
Sarah starts each skill by teaching you how to do it and activating it in your energy field.
2. Practising the skill (small group)
You will get together in small groups to practise the skill with each other. This is a powerful way to learn and get to know each other at the same time.
3. Coaching the skill (whole group)
Sarah will coach individuals in front of the whole group to deepen their capability and application of the skill.
4. Sharing the skill (small group)
You will meet in small groups to share your experience and explore deeper questions about how to apply the skill moving forward.

The Five Skills

1. **Alert Neutrality**
This is a special kind of relaxed alertness that enables you to initiate or respond very dynamically in any situation without wasting energy in between. It requires a kind of unknowing, free of emotional interference, so your mind is at rest, clear and poised for action.
2. **Seeing The Essence**
When you see the essence of a thing you know it so deeply that it's a part of you. In the moment when you see it, everything changes at all levels. There's an instantaneous evolution in consciousness, which changes the energy, which in turn changes reality.
3. **Dynamic Chain Reaction**
Seeing the essence produces a highly dynamic, simultaneous chain reaction, which is very different from a ripple effect. It requires new skills to handle this level of dynamism. We're used to change happening over time and space as a consequence of our actions. In this case the change happens all at once, which



is both disconcerting and exhilarating.

4. **Commitment to Direction**

There will be many times in the coming months and years when everything in the world feels like it's going crazy. It will be essential for you to know which way is forward for you and your work and which ways are distractions. Our ability to stay on track, rather than be pulled all over the place, may be the most significant skill of all in the long run.

5. **Liberation**

Bringing it all together, you move towards liberation of your spirit, which ultimately liberates humanity. When you give yourself the freedom to be yourself, you give the same freedom to others. It becomes pretty easy to solve problems and create new worlds. That's what you're made for.

The Schedule

View the schedule in your own time zone (make sure you set your time zone below the calendar) thankyoumoney.com/pages/lh-calendar

N.B. The clocks change during the program in Europe, some parts of Australia and elsewhere. This means that the session time will change by one hour at some point during the program, depending on where you live.

Start Date

We start on 21 March 2022.

The Investment

The Skills of Liberation costs US\$900 or 3 monthly payments of \$330.

If you pay in full, in advance, you will receive an additional 2 hour workshop about how to apply these skills in your business or project after the end of the program.

If you can't afford the full program, you can buy the recordings of the five skill learning sessions for US\$300 or 3 monthly payments of \$110.

You can choose to pay in US\$, GB£, Euro or AU\$.



Payment Links

Pay in US\$: sarahmccrum.thrivecart.com/skills-of-liberation-usd/

Pay in GB£: sarahmccrum.thrivecart.com/skills-of-liberation-gbp/

Pay in Euros: sarahmccrum.thrivecart.com/skills-of-liberation-eur/

Pay in AU\$: sarahmccrum.thrivecart.com/skills-of-liberation-aud/

Guarantee

We offer a 30 day money back guarantee on all our programs.

Frequently Asked Questions

- **When do the live calls take place?**
Please check the calendar, making sure you set it to your local timezone first:
thankyoumoney.com/pages/lh-calendar
- **What if I don't like the program?**
We offer a 30 day money back guarantee.
- **When does The Skills of Liberation start?**
21 March 2022.
- **What happens if I can't attend all the sessions?**
We recommend you put the sessions into your calendar from the beginning, like a business commitment. There will be recordings of the whole group sessions that you can watch later. If you have to miss any of the small group sessions, you are advised to find someone else to practise with so you still get the small group experience.
- **I'm not sure if this is the right fit for me, but I'm curious about it.**
Please book a Discovery Call so we can ask you some questions to help you decide if it's right for you:
calendly.com/sarah-mccrum-team/discovery-call

Book a Discovery Call

If you need guidance or additional information to help you decide what course is right for you, please book a call here:

calendly.com/sarah-mccrum-team/discovery-call



This is a 15-minute call where you can ask questions and clarify information. If you need further assistance, you will be invited to book a longer Discovery Call with Sarah or a member of her team, to help you make a decision.

Support

If you have any questions, please contact support@sarahmccrum.com.