

# The Joy of Being

- a 12 week spiritual journey for women



**Natasha  
Swerdloff**



**Linda  
Pransky**



**Judith  
Sedgeman**



**Jan  
Chipman**



**Chana  
Rosenblatt**



**Kristy  
Halvorsen**

**Step out from the shadow of circumstances and walk a new path; a path of joy based on realizing who you truly are. Life's challenges offer us the opportunity to go within and discover the joy, peace and love that is our true nature, our Being.**

When we don't know any better, our longing for joy, peace and love can take us towards someone or something outside of ourselves. But what we are searching for is who we are already. Our source is where we will find what we have been longing for.

The joy of Being is embracing all of life and knowing where to look when we feel lost. Who we are is never really lost, just temporarily veiled by the drama of experience. What we are looking for is completely available at every moment, we just need to look in the right direction.

This 12-week program for women is an invitation to go deeper into the understanding of our true nature. Each week we will spend two hours in conversation, listening and reflecting together. Every week your host, Natasha, will facilitate the

gathering. Every second week there will also be a guest speaker.

Your program has been created by Natasha Swerdloff, Founder and CEO of The Principles Institute. Natasha shares her understanding of the spiritual richness of life, and The Three Principles, at seminars, conferences and in individual conversations with people all over the world. Natasha is the co-author, with Dicken Bettinger, of the book "Coming Home", available from Amazon.

This invitation is an opportunity to explore how you can fully reside in and express your capacity to live from Love, Freedom, Happiness, and Peace in all aspects and areas of your life – to live life as a creative unfolding work of Art.

This online program consists of 12 two-hour sessions of deep conversations about our spiritual nature, including live Q&A.

Tuition for the program, including 12 sessions, 24 hours in total, and all the recordings is just \$400 USD.

All the sessions will run for 2 hours starting at 6.30 - 8.30 GMT/ 7.30 - 9.30 CET/ 10.30-12.30 PST

Session 1	31. march	Natasha Swerdloff
Session 2	07. april	Jan Chipman
Session 3	14. april	Natasha Swerdloff
Session 4	21. april	Kristy Halvorsen
Session 5	28. april	Natasha Swerdloff
Session 6	05. may	Chana Rosenblatt
Session 7	12. may	Natasha Swerdloff
Session 8	19. may	Judith Sedgeman
Session 9	26. may	Natasha Swerdloff
Session 10	02. june	Linda Pransky
Session 11	09. june	Natasha Swerdloff
Session 12	16. june	Natasha Swerdloff

You can sign up and use PayPal to pay for your participation at [nswerdloff@hotmail.com](mailto:nswerdloff@hotmail.com). If you are a student or unemployed please write to me at [nswerdloff@hotmail.com](mailto:nswerdloff@hotmail.com) and we can work out a reduced price for you! Once I receive your financial contribution, I will send you a welcome letter with the links to the sessions.

I look forward to travelling with you on this journey  
The Joy of Being – a 12 week spiritual journey for women.



## Who you will meet:

Natasha Swerdloff will be your guide and host through all 12 sessions. Natasha Swerdloff is a trained psychotherapist, author, coach and consultant. Based in Denmark, she has been self-employed since 1996 and travels all over the world to share her understanding of the Three Principles. Natasha is the co-author of the book *Coming Home* which she wrote with Dr. Dicken Bettinger in 2015. Every other week she will host guest speakers who have inspired her, and who have all had deep insights into their spiritual nature. Learn more about Natasha at [www.theprinciplesinstitute.com](http://www.theprinciplesinstitute.com)



Linda Pransky went to graduate school at The University of Washington in 1975. She specialized in psycho-social nursing, because she had an interest in learning how people change. She learned techniques and approaches to helping people, but nothing seemed long lasting and beneficial. When Linda met Sydney Banks in 1976 she saw a way for people to really change. She found her own life becoming one of comfort and simplicity. Her vision soon became one of helping people seek real and long lasting change with ease. Linda is currently on the executive committee of the Three Principles Global Community, recent faculty of the One Thought Institute and Partner of Pransky and Associates.

Judy Sedgeman has been a Three Principles practitioner and educator for more than 35 years. With the Principles as a foundation, she has worked with individual clients, groups, business leadership teams, government agencies and executives. She was on the faculty of the Medical School of West Virginia University, Morgantown, WV, for 13 years, offering an array of services and teaching courses grounded in the Principles in the School of Public Health. She is author of the book *A Mystical Journey into Ministrare*, published in Spring 2021.



Jan Chipman of Vantage Consulting Group, Inc., is a Three Principles trainer and human relations consultant from Salt Spring Island, British Columbia, Canada. Along with her husband, Chip Chipman, Jan was mentored by Sydney Banks from 1975 until 2009, and they were privileged to cohost retreats with him in North America and the UK from 1994 to 2004 and online individual consultations. They continue to host and cohost retreats for leaders, professionals, individuals and couples, and are sought-after presenters at Three Principles events throughout the US and Europe.

Chana Rosenblatt originally trained in family counselling before coming across the Three Principles in 2011. Seeing this approach as revolutionary, she turned her focus in this direction completely. She graduated from the One Thought Professional Institute in 2012 and became a faculty member from 2013 – 2019, teaching alongside Aaron Turner, Mara Gleason and Linda Pransky. Currently, Chana is the Director of CR Practice. Chana has also developed and facilitated an eighteen-month Training Programme for the Rabbinic Training Academy in London and is the Wellbeing Director of Better World Charity. Chana is a regular presenter at seminars around the world and speaks annually at the 3PUK conference in London.



Kristy Halvorsen is a nomadic world traveler, coach, author and speaker. In 2017 she retired from a career as a lieutenant firefighter/paramedic, sold her house and her belongings, and set out to wander purely by instinct. Her word to describe this simple, fun, and beautiful way to live is to “Coddiwomple” – that is, to embrace the unknown and trust Life while waking up to the simplicity and complete freedom available to us all. Discover more here: [Yourevolution.com](http://Yourevolution.com)