



# Beginner's Guide: To Being All That You Can Be

*Kendra Barron*

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# Beginner's Guide: To Being All That You Can Be

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## **Beginner's Guide: To Being All That You Can Be** Kendra Barron

Colorful options. Informed choices. Imagine the difference between seeing in black and white or enjoying the richness of full color. The benefit we derive from each life experience is enhanced when we can recognize limitations and past conditioning. Beginner's Guide to Being All That You Can Be provides fundamental understanding of physical energy, states of consciousness, and of the relationship between personality and spirit. Expand body awareness. The Chakra System transmits energy and information throughout the physical body. Understanding the nature and content of this communication creates a relationship with the body that is mutually beneficial. Tune into all levels of consciousness. The Kabbalah or Tree of Life maps the states of consciousness that represent the human journey from individual awareness to comprehension of the Divine. By expanding awareness we can perceive life as a multi-dimensional adventure. Bring personality and spirit into harmony. The nine Facets of Unity describe life's design as loving and beautiful. Personalities, examined in the Enneagram, emerge as a result of mis-understanding the Facets of Unity. Knowing what triggers our behavior is helpful in dealing with the self and others. Kendra Barron has been an artist and a teacher for five decades. In the past 15 years she has expanded her interests to include coaching, writing and filmmaking. Her life purpose is to experience life to the fullest and to share her insights in as many formats as possible. Please visit [artempowerment.com](http://artempowerment.com) for more information.

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