

“Shannon's Authentic Being Series has changed my life...”

... I feel she utilizes very lofty spiritual goals that I've read about in numerous books over the years, and makes them absolutely attainable and easy to grasp in my day to day life. She teaches from her own connection, and is able to blend and flow information in a cohesive and relevant way that inspires me and leaves me feeling connected. This information she is sharing is cutting edge and at the same time feels like ancient wisdom.” ~ MD

“Shannon feels like a beautiful jazz piece in the way she utilizes her incredibly deep understanding of human behavior coupled with her unwavering premise that we are all complete, perfect and whole human beings.” ~ PJ



For more info visit thrivaliving.com
or call Shannon at (530) 343.9446

create and enjoy a more

Authentic Being

with Shannon Sheridan

Join Thrival Living Creator and Marriage/Family Therapist Shannon Sheridan as she offers her unique style, intuitive ability, depth, and transformative approach in her powerful Authentic Being Seminars and Conversations.

*supportive uplifting empowering
juicy sweet loving tender funny
enlightened spiritual transcendent*



thrivaliving.com

Authentic Being Seminars

No matter what your life journey has been, this course will support, add to, confirm, and validate you, your life and more of what it is you are wanting to experience.

Authentic Being Seminars are very popular and fill quickly. They are now in their 5th generation with the addition of level 2 and level 3. Classes include lecture, experiential, and group dialogue. This class teaches foundationally different concepts regarding our humanness and human experience; and it is a growth/expansion model rooted in the positive and optimistic! It is positive, uplifting and liberating.

Authentic Being Seminars Support

Every individual is a treasure: worthy, lovable and of value.
Tools to "feel good" even when situation may be negative.
Each of us grows to the "light."
Contrast/variety is mandatory for our expansion and evolution.
Suffering is not mandatory or necessary.
Look at your past, don't stare at it.
Life is a beautiful buffet. Eat only what feels good. Leave the rest.
Our "sameness" connects us.
Our differences are what expand and grow us.
Feelings provide inner guidance.
Feelings are manageable and with practice we can feel in charge of them.
We can choose happiness and joy with practice.
The situation does not have the power to define our self worth or well being.
Beliefs are simply repetitive thoughts that can be changed with practice.
There is no lack. There is enough to go around!

Cost: \$130.00 per class session. 8 sessions, 6 hrs each Scheduled once the group is formed. Starting dates generally in Sep/Feb and fill up quickly. Reserve your spot now.

Authentic Being Conversations

An invitation to share in meaningful conversations that explore living a more Authentic life with more joy, happiness, ease, and wellbeing. Open topics such as: relationships, love, parenting, education, political systems, bodily conditions, wellness, happiness, life struggles and other life conditions/opportunities are often topics of discussion. The topics will be decided based on the questions YOU bring to the circle. All questions are welcomed although not all questions will be answered due to time constraints. Shannon will blend her years of expertise into engaging, informative, upbeat, and powerfully transformative information that will allow those in attendance to leave with hope, skills, validation, and confirmation.

The intentions of our conversations are:

Skill building, new concepts and opportunities to practice and support staying fully connected to oneself in a state of loving adoration no matter the current life condition/situation where it/he/she does not have the power to define one's value, wellbeing, worth or happiness.

Discussion related to our current "state of affairs" and ways to stay grounded in the positive, forward moving thoughts, and our ability to recognize our evolution rather than feel fear, discouragement, powerlessness, resignation, and anger.

Understanding the growth model which claims and validates the power of our journey versus our attachment to the final outcome as our validation of our worth. Learning to ride the waves of this "journey" in a way that feels life giving, validating, and fun.

To cultivate and cocreate loving, affirming and connected community; valuing our differences as an opportunity to be open and expansive; and connecting at our level of "sameness."

Center for Spiritual Enrichment 14 Hillary Lane. Doors open 6:30pm
Conversation 7-9:00pm. Wed, July 17 Every second Wednesday of the month beginning Aug 2013 Love Offering. Reservations encouraged.