

AWAKENING TO PRESENCE

Call 719-233-0038 for more information

"I have had the opportunity to work with Michael and have been deeply impressed with his presence and perception. He provides a venue for grounded transformation which translates into the opportunity for radical freedom. For those looking for true transformation rather than quick fixes and temporary experiences, Michael is a worthy mentor."

Marilyn Martin, Energy Practitioner and Director of Essential Energies

Michael Fleming

is an experienced, professional healer and workshop leader who has facilitated workshops on awakening in the U.S., Brazil, and Japan.

He received a B.S. in biology from the U.S. Air Force Academy in Colorado Springs, and a B.S. in physical therapy from the University of New Mexico in Albuquerque. He was a clinical instructor for physical therapy students, and has attended a wide variety of continuing education courses and training. He graduated from the four year healing science program at the Barbara Brennan School of Healing in 1996, and served on the faculty there for four more years.



He has an extensive lifelong background in numerous meditation, exercise, bodywork, and movement disciplines, including 11 years of internal martial arts/chi kung practice, and brings a deep love and understanding of the physical body into his teaching. His approach is an integration of physical, psychological, and spiritual perspectives. While incorporating meditation and exercise instruction, bodywork, and energywork into his methodology, his primary orientation in working with and supporting people is to "be present" with them, to help them be present with what is arising in each moment.

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Awakening is the process of deeply understanding the conditioned patterns of our mind and body that limit and constrain us, and waking up to our true essential nature on the level of being. It is an experiential journey that sets free the creative energies, awareness, and presence that are our divine birthright.

Presence is the individuated awareness of being that permeates our experiences of form (mind, body, and energy) but which is also beyond them, in the formless realm of being.

Essence is a term used to refer to pure being itself, as well as the various aspects and qualities of being that arise in our experience. Nearly all problems and suffering can be traced to a disconnection from some aspect of divine essence.