



The Free Spirit Project

Are You?

How it all began...



## The Birth of The Free Spirit Project - Summer 2014

These first six newsletters are a chronological story of the birth and development of the project. While it's fun to reminisce, it is also important to remember our beginnings, how we got where we are now and, most importantly, why we got where we are now. Sometimes as we are working through our challenges, when we find ourselves in the trees rather than looking at the entire forest, we forget what we are doing this all for. We forget the excitement and expansive energies of the new, of the early creation stages.

" THE IMPORTANT THING  
IS THIS:

TO BE ABLE AT ANY MOMENT TO  
SACRIFICE WHAT WE ARE FOR WHAT  
WE COULD BECOME."

— CHARLES DU BOIS

Soooo, here's how it all came about...

Martha Moore is the founder of The Free Spirit Project. Here is her story:

In July 2014, after 12 years of serious and dedicated study, practice, facilitation, and teaching in a spiritual group originally called I Am Source (IAS), I had one of those huge life-changing moments as I was attending a meeting with other leading members of the group. I had this eye-opening and earth-shaking feeling as if they were speaking a foreign language even though I had been speaking it along with them for years. While the teachings were still profound and relevant, the practices were no longer resonating with me. And yet, this was a program to which I had dedicated my life. I had really believed it was my calling. The founder of this program, who is no longer on the planet, did an incredible job of bringing age-old teachings from yogis and spiritual leaders, current and putting the lessons together in a package that helped me and many others understand and subsequently, work through our fears, perceived limitations and blocks.

But I was changing in ways that the program was not. And finally after struggling with this for months, maybe even a couple of years, I finally had that "ah-ha" moment where I realized it was time for me to let go and see what was in store for me next. I had no idea what I was going to do, I just knew that it was time for me to move on.

While the decision to move on happened in a moment, actually making it happen took a few months. I spent a good part of August and September grieving for the loss of what I had thought was my life's work and continuing to extricate myself from the program. I had no idea what I would do next except that I would continue to do my work as a transformational, and inspirational coach, teacher and healer. The whole picture was not yet clear to me and yet I began to feel a sense of excitement that whatever was going to happen next, it would be life-changing...if only I could see what it was...And because I was letting go of upcoming teaching obligations with the program, I found that I had free time in October and that there was still a space for me to go to Hawaii in October with good friends as long as I could get myself a flight.

To be continued...

