



LIMINAL SPACE: THE SACRED & FERTILE IN-BETWEEN

Before learning how to live in the in-between spaces of life, whenever I experienced huge shifts, I would desperately search for something that would help me through the transition and get me through it as fast as possible. I read books, listened to folks talk about liminal space (I had no clue until I was in my early 40s!), and had many sleepless nights. I would talk about it with friends and family until they were probably beyond sick of hearing it. I did not find substantial support until I began looking within myself for what I truly needed to move forward.

While exploring (through several perspective changes and many years), I developed a daily grounding routine, built a soul connection with myself, learned how to best use my love for expressive arts and journaling, and cultivated shamanic practices for added guidance and direction. I will share all of this (in a condensed version, naturally!) in the course I created to help others through the in-between.

Liminal Space: The Sacred & Fertile In-Between will help you awaken to the sacred thresholds of your life and teach you to navigate them with an open heart and mind. Exploring liminality helps you to slow down and connect to a treasure of embodied presence and personal power. If you are “in between” what was and what is next, if you feel like you’ll be where you are forever, or if you are tired of simply going through the motions of life and want a deeper, this course will help you cultivate a deep soul connection with yourself that leads to your own compass, that direction and wisdom within you.

What is the TRANSFORMATION offered through the course?

You can't create a new reality while still living in your old pattern.

It is easy to lose our sense of self because of others’ expectations, our responsibilities, and everyday cultural messaging telling us what to do and how to do it. It can be an overwhelming challenge.

Surrendering worn out habits and unhealthy patterns will rebirth the changes that YOU want to make for yourself. If you have been frustrated with constriction and limitation, and if you deeply desire to do something differently, but don’t know how, this course can help you.

Learn how to:

- Recognize the sacred moments and details of your life.
- Slow down and awaken to the thresholds you cross.
- Work energetically and creatively with Nature – moon phases, walking barefoot, the elements, and more.
- Use poetry, imagery, silence, journaling, and meditation to navigate your personal boundaries and thresholds.

**Enter the spiral of time, learn natural rhythms and cycles,
discover soul-connecting practices, and come home to yourself.**

COURSE MODULES INCLUDE:

1. IN-BETWEEN, THERE ARE DOORS
2. LETTING GO
3. EXPLORE
4. BRIDGING THE DIVIDE
5. REVIVAL
6. SACRED CROSSINGS

As you move through the process of awakening to the thresholds in your life, the way you see yourself, your loved ones, and the world will change.

Read testimonials from previous participants:

“I learned that I do not need to rush through hard times, racing to the finish line. I felt encouraged to explore my feelings and experiences while doing some deep soul searching using the insights, prompts and tools provided. I think I will be more compassionate with myself and others who are in liminal spaces in the future and will appreciate and value the time spent there. It is not a wasted time, but a time of renewal and growth. I believe going back through the lessons would be helpful in the future and resonate in the way I need at that time and place.” Sherry

“I'm in a liminal space right now as I shift from one job to another so the reminders that it was okay to not have all the answers were timely.” Lea

“I liked the use of video, and poems and short narrative, etc. I liked the different formats used to illustrate ideas. And I liked that most of the readings were short and easy to digest.” Donna

“I have never been good with the in between, except when I'm traveling or have something to look forward to. I am a future oriented person, so this course was extremely beneficial to help shift my mindset. I am able to see the beauty (and sometimes the fear) in the liminal space now because I understand it is part of a transformation process. I always focus on the end goal, and this course gave me the chance to look at the present moment and enjoy the journey of this process. Not only do I now enjoy the journey of this process, but I feel like I was given a chance to nonjudgmentally examine the ways in which I avoid the liminal space. I now feel inclined to sit in the between and s l o w d o w n. Though I know the liminal space might not always feel easy, I was able to cultivate the awareness on how to tolerate and accept wherever I am. I developed the deep knowledge of acceptance, softening, and being. Even when I am outside I have noticed a shift in my presence with the blades of grass, the dirt under my feet, the sun on my face, and the wind rustling the leaves.” Meredith

Liminal Space course:

- Self-paced study (delivered to your email inbox)
- Six weeks of content
- Includes meditations, deepen-ings, weekly journaling prompts, and simple art practice invitations
- Optional 60-minute session with me after you complete the course (included in the price!)

Two payment options:

[PAY IN FULL: \\$179.00](#)

2 payments: [\\$95.00 in Weeks 1 and 4](#)

Email me with any questions! laura@anartfulrecovery.com

Happy navigating,



Laura Waters is a soulful transformation coach at AN ARTFUL RECOVERY. She guides people through life's unknowns, shifts, and uncomfortable places with grace and ease by helping them practice presence and sovereignty. Laura likes going deep with those who need a seasoned guide to help them through life's challenges like transitions (aka liminal space) in career, home situation, relationships, and spiritual shifts. She integrates meditation, art, and shamanic journeying to help others listen to their own hearts. She has over a decade of higher education experience and over two decades in radical transformation. Laura understands how to integrate the dark with the light – using gritty life experiences to uncover more of a person's innate light. Laura is a Recovery Coach Professional (RCP) and a member of the IARCP.

Quotes from the course:

From Module 1 on In Between There are Doors: Entering the caves, portals, and dimly lit doorways of the liminal is a full surrender to the quiet, to the unknown, to infinite possibility, to mystery, and to the calling of your own soul.

From Module 2 on Letting Go: Surrender is to trust and create a whole new way of being in the world. It requires tenderness, complete self-compassion, and honesty.

From Module 3 on Exploring your Commitment: Liminal space is not only about growth, outcome, and productivity, but also about fully living into life.

From Module 4 on Bridging the Divide: Slowing down and returning to conscious processing is important as we navigate the ethereal landscapes of the liminal in our lives.

From Module 5 on Revival: Within us are dormant seeds of unrealized potentialities. Now is the time to tend them – to breathe life into them.

From Module 6 on Sacred Crossings: We belong to a greater story; we belong to every threshold we cross.