

Áine Watkins Appreciation

Hi, I'm Áine. I've been working with Saniel for almost two years now, over what I think it's not been an understatement to say has been the most tumultuous period of my life.

Several decades ago I qualified as an organizational psychologist. I've worked with C-suite executives around the world over the last thirty years. I've also had a foot firmly planted in leading-edge psychological techniques and spiritual technologies. I've trained in a range of things, from for example Tantric Saivism and various energetic modalities, I've done sweat lodges in Brazil, I've trained as a somatic psychotherapist, I've trained in a lot of the adult development tools, Wilber's Integral framework, a vast range of areas. I either know about it and have a view of it, or I've trained in it.

So it wasn't a light decision when I decided to work with Saniel. I was looking for a teacher, a guide who had been around, who knew the territory.

And I haven't been disappointed. It's been an incredible opportunity and a privilege to work with Saniel over these last years, and I have learned so much through his sheer presence. I have connected with my vulnerability and my invincibility while being in his presence in a way that I don't think I've ever been as fully met by anyone ever in my life before.

He hasn't shied away from supporting me to face into some of the areas that I didn't want to face into and to address some of those, through his equanimity, his clarity, and his kindness.

He's also helped me to really claim my innate power as never before, just through being in his sheer presence. I feel incredibly privileged to have had the attention of Saniel, and Linda, and to be in their hearts over the last few years. I am the mother of two teenage children, two teenagers. I live in Sydney, Australia. I have been challenged like never before, to put it mildly, over these last few years, and they have been there through the most difficult of times.

Their work I believe is crucial for our time. Their capacity to be both ordinary and extraordinary at the same time is unique. Their embodied, awakened approach — that's the kind of language that is more commonly used these days, although I'm not sure that's the language they would use, but I believe that they are pioneers in this field. Their work in Waking Down was ahead of its time, and they're still pioneers at the frontiers of this entire area. Their capacity to be fully human and fully divine, simultaneously, is incredible.

And if you ever have the chance to work with them, I would grab it with both arms. There's nothing like being in their presence.