

Lynn Evans Appreciation

Hello. My name is Lynn Evans. I'm making this short video to express my appreciation for Saniel Bonder and Linda Groves-Bonder, an extraordinary teaching partnership who I've been privileged to know and to grow with for more than twenty years.

What attracted me to Saniel and Linda's work was the focus on embodied awakening. The personal, worldly aspect of Being was not in any way diminished in pursuit of consciousness realization. The experience of being human, with all of the messy imperfection, attachment, and limitation that goes along with it, was completely embraced. And it just wasn't necessary to deny or fix any aspect of who I was.

In fact, the deepening acceptance and allowing of these personal aspects of who we are become a kind of sacred gateway. And as we are gradually supported to become more sensitized, and to relax our defendedness to life, it becomes possible to open up to a more expanded sense of self, one that is not constrained by the personal and individual aspects of self, but which doesn't exclude or diminish them in any way either.

Saniel and Linda use a coaching approach to gently guide you in to land, so that they're never leading or directing but instead helping you to process and examine your own direct experience. In that way, you come to your own unshakable and completely authentic understanding and expression of Being.

But it's much more than just skillful coaching. There are well-established precepts and practices to support your growth. And Saniel and Linda both radiate an awakened energy and presence in a way that invites and calls your own energy forward.

As I've become more and more established in this whole-being realization, it has enriched every aspect of my life, both practically and spiritually. I've relaxed more deeply into myself and discovered a new confidence in Being that enables me to show up here and embrace life in a completely new way. I'm a better, more thoughtful mother, partner, and friend. I'm a more considered and competent leader. I'm more able to serve others and live more purposefully, free of the unconscious tensions and insecurity that could lead to poor decision-making and bad interactions with others in the past.

I'm far from the perfect, finished article, but I'm not continually seeking external validation in the same way that I was. I can just get on and do my best with more freedom and a better toolkit for life. Most of all, I'm living the mystery of Being in a more conscious way, flowing with life and more able to appreciate the beauty and the tenderness and the majesty of Being in every moment.

Saniel and Linda may not have a big media team or a glitzy public profile. But they are without doubt a revolutionary force for embodied awakening, respectfully recognized by some of the most prominent spiritual teachers of our time. The transformative potential of this latest evolution of their work and its uncompromising focus on the HEART is particularly exciting. And I wholeheartedly recommend them to you. Thank you for listening.