

# *How To Awaken:*

**9 Ingredients for  
Ever-Expanding Happiness  
and Inner Peace**



**by Ana Holub & Clear Path to Peace**

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# Part One

Do you crave peace of mind and an open heart?

**Learn H.O.W. to A.W.A.K.E.N.!**

**Let me show you how to wake this sacred part of you UP.**

If you're in pain because of trauma, loss, or addiction, I can help you develop the essential inner qualities you need so you can heal. I've used all 9 ingredients below to forgive myself and others, heal my past memories, and come joyfully into wholeness, presence and inner peace. You can, too.

**Everything you need is already within you!**

**Part One starts with Honesty, Openness and Willingness**

## **HONESTY**

**To begin your journey into healing, forgiveness, and the awakening it brings, you'll need a healthy dose of honesty. Instead of looking away, look toward the truth. When you're honest about how you feel, you experience the raw, satisfying authenticity of being truly YOU. Trust you can handle seeing and feeling all aspects of your life.**

## **OPENNESS**

**A brand new moment exists for you. To feel it, you'll need an opening not only in your mind but also in your heart. Even if you feel a little shaky about it, open the door just a little bit. Just enough to begin exploring new territory.**

## **WILLINGNESS**

**Once you're honest and open, you'll need willingness in order to expand your awareness. Without willingness, you won't lean IN toward healing. When you're willing, you choose to go further. You are ready to explore and see what lies ahead.**

# Part Two

**Now that you've got your H.O.W. activated,  
you're ready to A.W.A.K.E.N!**

## **ALIVENESS**

You might have a habit of getting distracted or numbing out. Now's the time to watch yourself for signs of apathy and resistance. Instead of getting sloppy or sleepy, choose to be alive. When you're alive, you're fully awake. Be aware and attentive!

## **WONDER**

Your childlike innocence is still within you, even if you haven't felt it in ages. Like a child, be curious. Explore what comes up with wonder, letting go of judgment and old memories. You'll find healing waiting for you, always ready when you say YES.

## **APPRECIATION**

No matter how ugly or awful your experiences have been, appreciate what you find with tenderness. The past is over, and you can accept it exactly as it was. As you heal, you can receive yourself exactly as you are, with gratitude. The choice is yours.

## **KINDNESS**

As you allow memories to move through you, consciously breathe and let go of ALL of it. Be gracious to yourself and everyone involved with you. Have the courage to send kindness into the world. It will return to you.

## **EMPATHY**

When you release your judgments and fears, you make room for empathy. This means you give compassion to yourself and everyone in your world. It's up to you. Where there used to be sadness, joy can enter and lead to...

## **NECTAR**

Now that you've made room inside by deeply letting go, light will stream in and heal you. You'll feel a luminous Presence soothing you in a completely natural way, because you said YES. Taste the sweetness...it's delicious!



*But hey, maybe you're thinking,  
"I'm not feeling full of wonder and aliveness.  
I've been through intense trauma in my life!"*

**I totally get it. Like you, I've experienced my share of hardship and difficulty, like 5-day migraines, getting myself out of a cult, and much more.**

**Life can be fiercely painful at times, but there is a way OUT of the emotional pain you feel.**

**Find your freedom by forgiving your past and awakening to an abundant and beautiful life.**

**"Truth be told, I owe so much to your work and being able to forgive myself. I credit it as the magic that's changing my life right now!" — Thomas H., USA**

**I'd be honored to work with you.**

**I offer**

- **forgiveness counseling**
- **psychedelic integration**
- **addiction recovery**

**Book a free discovery session:  
[anaholub.com/contact](https://anaholub.com/contact)**



***Are you wondering what it's like to work with me? Read on...***

**“Ana Holub’s perspective and wisdom on forgiveness has the power to change your life at the deepest level. Buckle up. She is an amazing, gentle, profound writer.”**

**– Anne Lamott, author of *Bird by Bird* and *Help, Thanks, Wow***

**★ ★ ★ ★ ★ ★ ★ ★ ★**

**“Since my forgiveness session, I’ve experienced inner shifts which have brought me peace, acceptance and deeper compassion. After the session, I mailed a letter to my mom and I have a new readiness to move into deeper forgiveness of my ex-husband. The pain in my shoulder is diminishing and my morning ‘chamber of negativity’ experiences have vanished! Spiritually, I feel a deeper connection with my guidance, and I witness divinity in the world and the people around me. I’m moving through my day with tender, joyful celebration, infused with peace and love. Ana, your process is exquisite! Thank you for the Light and Love you radiate.”**

**– Suzy D., Oregon, USA**

**★ ★ ★ ★ ★ ★ ★ ★ ★**

**“I want to thank you for shining awareness (and forgiveness) on my family tree. Your ability to hold space and enable us to see and feel the walls of those deeply embedded labyrinths was incredible! I know the reverberations will be felt on many levels. I could feel myself processing this for many days afterward. I am grateful, as well, for the intimate glimpses of the microcosms within my parents; these were expressions, thought forms, and beliefs one wouldn’t ordinarily see. What a gift is your presence! I am still so amazed at your strength, quietness and beauty.”**

**– V. Alboitiz, Buenos Aires, after a family session with both of her parents**

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