

A vibrant cosmic nebula with swirling clouds of purple, blue, and pink, punctuated by numerous small white stars. A bright, glowing yellow and orange nebula is visible in the lower-left corner.

Liminal Space: The Sacred & Fertile In-Between

A 6-Week Self-Study Journey to
Awakening Your Inner Compass

You're Not Stuck. You're Transforming.

The space between what was and what's next isn't empty.

It's sacred ground where you can finally come home to yourself.

If you're tired of rushing through transitions, desperately searching for the next solid thing to hold onto, or feeling like you'll be suspended in the in-between forever—this course will change how you meet these moments.

Liminal Space: The Sacred & Fertile In-Between is a 6-week guided journey that will teach you to navigate life's thresholds with presence, creativity, and deep soul connection.

This Course Will Help You:

- Recognize the sacred moments and details of your life
- Slow down and awaken to the thresholds you cross daily
- 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
- Cultivate your own inner compass – that wisdom and direction that lives within you
- Develop practices for grounding, presence, and soul connection that you can return to again and again

What One Student Discovered:

"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



What's Included:

6 Comprehensive Modules

Each module contains 6 rich lessons that deepen your understanding and practice of navigating liminal space.

Deepening Meditations

Guided practices to help you ground, connect, and listen to your inner wisdom.

Creative Explorations

Expressive arts invitations to help you process and discover through creativity.

Journaling Prompts

Thoughtful questions and exercises to deepen your self-reflection and soul connection.

Shamanic Practices

Ancient wisdom practices adapted for modern life, offering guidance and direction from within.

Work with Nature

Learn to attune to moon phases, the elements, and the natural world as allies in your journey.

Poetry, Imagery & Silence

Tools for navigating your inner landscape with gentleness and depth.

This Course Is For You If:

- You're between chapters of life and feeling suspended in uncertainty
- You've been searching outside yourself for answers and you're ready to look within
- You're tired of just going through the motions and crave deeper meaning
- You want to stop rushing through transitions and learn to meet them with presence
- You're ready to cultivate a deep soul connection with yourself
- You want to find your own inner compass and trust your inner wisdom

The Journey:

This is a self-study course, which means you can move through it at your own pace. Each of the 6 modules builds upon the last, guiding you deeper into practices of presence, soul connection, and embodied wisdom.

You'll develop a daily grounding routine, learn to work with the sacred tools of nature and creativity, and discover that the guidance you've been seeking has been within you all along.



Investment in Your Transformation:

Pay in Full: \$397

Complete access to all 6 weeks of content immediately.

Payment Plan: 2 payments of \$205

First payment due at enrollment, second payment in Week 4. Total: \$410

The In-Between Doesn't Have to Be a Place of Panic and Searching.
It can be where you finally slow down.

Where you notice the blade of grass, the dirt under your feet, the sun on your face.

Where you develop the deep knowledge of acceptance, softening, and being.

Where you come home to yourself.

ENROLL NOW

Questions? Email: laura@anartfulrecovery.com

This is a digital course. Upon enrollment and confirmation, you'll receive immediate access to begin your journey.

