



“Cynthia James is one of the very best!”
-Joan Borysenko, Ph.D.

*“Cynthia James .. speaks to us all with wisdom, clarity, and
encouragement ..”*
- Michael Bernard Beckwith

*“Cynthia James is a powerful, loving light for healing and wholeness in the
world”*
- Katherine Woodward Thomas

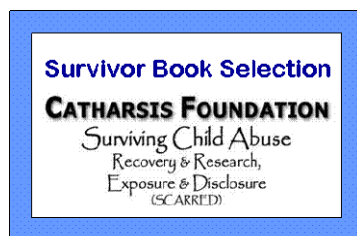
“Brilliant!”
- Barry Heermann

*“Thank you to Cynthia James for your wonderful ability to connect and help
release our deepest pain and transform it to LOVE”*
- Gary Goldberg

About Cynthia James

Cynthia James is a transformational specialist guiding thousands of people to make changes at a spiritual level for lasting healing in their lives. She is the award winning author of *What Will Set You Free*, and sought after lecturer, teacher and internationally renowned performing artist. She is a featured guide in the movie *Leap!*, the personal growth guide for the GaiamLife Community and featured on numerous radio programs. She's facilitated hundreds of workshops and seminars, co-hosted a talk show in Los Angeles and has been a featured speaker in business and spiritual forums.

Cynthia's life was transformed as she transcended her childhood of violence and abuse. Through education and personal healing, Cynthia created the foundation for this program and many other classes that integrate traditional therapeutic techniques, music, creativity and spiritual processes.



Ms. James graduated from two Masters Degree programs, one in spiritual psychology and one in consciousness studies. She currently serves as an associate minister at Mile Hi Church, one of the largest new thought spiritual centers in the world, with a congregation of over 16,000 members and friends.

Cynthia lives and thrives in the mountains of Colorado with her husband Carl.

"The Practical Guide to living with confidence, creativity and triumph" ~ Michael Bernard Beckwith Founder and Spiritual Director of Agape International Spiritual Center



"Cynthia James is a powerful, loving light for healing and wholeness in the world, and her work is reflective of the brilliance of her spirit and the kindness of her heart. I am honored and delighted to recommend her work to anyone seeking a healing of their past so that they might live a free and happy life." ~ Katherine Woodward Thomas author of Calling in "The One"

"After many years of work with victims of child abuse, I can assure you that your message is one that reaches into the hearts and minds of countless adults who have also experienced this pain." ~Deanne Tilton, Executive Director of the Inter-Agency Council on Child Abuse & Neglect Chairperson U.S. Advisory Board on Child Abuse & Neglect



"Cynthia James is one of the most powerful, authentic, and inspiring speakers I know. She engages her audience with passion, brilliance, and the rare capacity to be real and present. She is one of the very best!" ~Joan Borysenko, Ph.D. author of the New York Times bestselling "Minding the Body, Mending the Mind" and 13 other books.

What Will Set You Free is the first book and CD toolkit utilizing meditation, affirmations, journaling and Cynthia's guidance to transform your life.

This toolkit provides a roadmap to guide you back to wholeness so you may live a joyous, healthy and peaceful life.

- ***Make changes at a Spiritual Level for lasting healing***
- ***Be free of destructive life patterns and pain***
- ***Transform your life and live with passion***



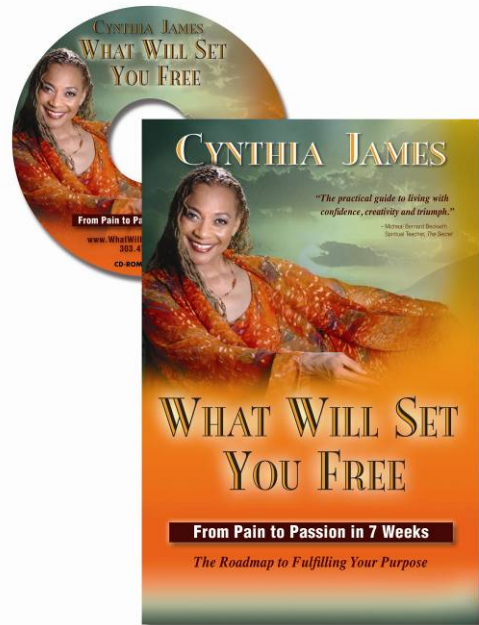
FREEDOM IS A CHOICE™

"The Practical Guide to living with confidence, creativity and triumph" – Michael Bernard Beckwith Founder and Spiritual Director of Agape International Spiritual Center

"Brilliant! This is inspired writing." – Barry Heermann author of Noble Purpose

For more information visit **www.whatwillsetyoufree.com**

What Will Set You Free makes the transformational workshops of Cynthia James available to everyone. Having already transformed thousands of lives, Cynthia guides you through a seven week program to move from pain to passion.



Cynthia James is the award winning author of "**What Will Set You Free**", sought after speaker and inspirational singer who inspires thousands through her messages, music and celebration of life. Visit www.whatwillsetyoufree.com to let her inspire you.



Read what people are saying about Cynthia James's past appearances

"Cynthia's presentation not only touched people's hearts but gave them a vision of what is possible. It is her contagious and powerful spirit that caused our audience to come alive."

Norm Bouchard

Vice President, Society of Certified Senior Advisors

"Everyone thoroughly enjoyed listening to your inspirational message and your beautiful voice. You were truly inspiring..."

Faye Foley

American Bar Association

"Cynthia brings a stunning combination of gifts, talents and skills – deep spiritual consciousness, a powerful delivery, her compelling story of transformation, insight into the heart and challenges of others and a mission to serve the revelation of wholeness in all."

Dr. Kathy Hearn

Community Spiritual Leader, United Centers for Spiritual Living

"The message was rich in content and delivery. I have never received better feedback about a speaker."

Rev. Ron Fox

Spiritual Enrichment Center

"Within the first minute she had the entire community in the palm of her hands because of the depth of Spirit that she speaks from, the clarity of her message of hope and transformation and her ability to be authentic and personal."

Rev. Mark Anthony Lord

Chicago Center for Spiritual Living

See Cynthia's DVD of past speaking engagements
Included in this packet or available at www.whatwillsetyoufree.com

Expressions of Gratitude from Cynthia James's Students



Amazing! Divine! Goddess! Strong! Inspiring! Her life is an example “motivating”, “Encouraging” – I often quote her as my teacher. Thank you.

Cynthia proved to be a very skillful and sensitive instructor. She was very thoughtful in her responses to fragile students.

Cynthia James – She absolutely made the class spectacular. I will take all of her classes. Cynthia is an inspiration. I admire her. Cynthia is awesome. I adore her wit, wisdom and teaching philosophy. She is an incredible role model. She is an absolute angel. A wise soul.

...Magnificent. Her alignment and commitment to her source is an inspiration. Her facilitation skills keep the class moving at a high level. BRAVO!

Cynthia brings so much energy and wisdom plus experience! The best!!

As an instructor Reverend Cynthia is perceptive, teaches with great clarity, controls the class with ease and with a depth of understanding guiding the students on a pathway of learning the material designated and for life.

Rev. Cynthia is one of the most inspiring people I've ever met. She's very gifted at being able to “drill down to your core” without stripping you of your dignity.

Rev. Cynthia is an extraordinary teacher. Her one on one work was not only healing for them but many of us. Very insightful and great sense of humor.



Sample Keynotes and Workshops

Keynotes, Workshops and Invocations Customized Upon Request

What Will Set You Free: Keynote

Sometimes we get hurt in life and that hurt is buried so deeply, in some dark private place, we don't even know it is the cause of other harmful things manifesting in our lives. Cynthia will explore with the audience methods of healing to move beyond fears, doubts and painful experiences to reclaim the wonderful masterpiece that is their life. Cynthia shows audiences why nothing from the past has to define the future. We attract what we think and believe. You can change your thoughts so that nothing that has ever happened to you can stop your greatness.

A Time to Soar: Keynote

People today are actively seeking purpose and most of us are looking for it outside of ourselves. We are looking in relationships, in jobs or careers, we are looking to be validated by something out in the world that says we are enough, we are powerful, we are dynamic. But learning to soar, means understanding that you already have everything that you could possibly need to live a full, enriched, powerful life. There are 5 portals through which you must step to soar.

1. Moving beyond our limitations
2. Daring to take risk
3. Tapping into our full potential
4. Coloring outside the lines
5. Stepping outside of the boxes of life that hold us hostage

What Will Set You Free: Workshop

Through this integrative experience, each participant is given the opportunity to explore old patterns and expand into new ways of being. This is a transformational workshop that creates a safe space to:

- Face beliefs that no longer serve
- Release old fears
- Address emotional wounds

Claim the full expression of your life!

Sacred Woman Holy Life: Workshop

Embrace the power of women in the sacred context of the elements of our Universe. This workshop teaches you how to be empowered to live the dreams in your life. The interactive seminar uses valuable tools and experiences to enhance your self expression. Women leave this workshop transformed, embracing the strength and power of what it means to be the Divine Feminine.

**Read what people are saying about
Cynthia James's new book: *What Will Set You
Free*.**



"Cynthia James has written a compassionate and practical book that speaks to us all with wisdom, clarity, and encouragement about healing emotional wounds of the past and living our life's vision with confidence, creativity and triumph."

~Michael Bernard Beckwith

Founder and Spiritual Director of Agape International Spiritual Center
author of *Inspirations of the Heart, Forty Day Mind Fast, Soul Feast, & A Manifesto of Peace*

"Brilliant! This is inspired writing. Given the sensitivity of the questions and issues people will bring to the book, it is completely respectful. People can identify with the case studies and see themselves in the stories. The exercises are profound. Anyone who seriously wants to intervene in patterns of thinking they have in their life will find this to be a remarkable way to come to high ground, find new understanding and different perspective."

~Barry Heerman

author of *Noble Purpose*

"Cynthia James is a powerful, loving light for healing and wholeness in the world, and her work is reflective of the brilliance of her spirit and the kindness of her heart. I am honored and delighted to recommend her work to anyone seeking a healing of their past so that they might live a free and happy life."

~Katherine Woodward Thomas

author of *Calling in "The One"*

"After many years of work with victims of child abuse, I can assure you that your message is one that reaches into the hearts and minds of countless adults who have also experienced this pain."

~Deanne Tilton

Executive Director of the Inter-Agency Council on Child Abuse & Neglect Chairperson
U.S. Advisory Board on Child Abuse & Neglect

What Will Set You Free

Cynthia James

ISBN: 0-9774761-8-9

144 Pages: Paperback with CD included \$19.95

www.whatwillsetyoufree.com

REVIEWS

Summer 2008 • *City & Mountain Views* 57

Arts & Letters

"What Will Set You Free" by Cynthia James
Thornton Publishing, \$19.95 (CD Included)

This valuable handbook of big ideas for personal recovery with healing techniques packed within its seemingly meager 144 pages is a "roadmap to guide you back to wholeness so you may live a joyous, healthy and peaceful life." It offers guidance to heal emotional wounds that James unabashedly and openly speaks of first hand. She is an Associate Minister at the Mile Hi Church based on a transformational "New Age" philosophy based on the Religious Science teachings of its founder Dr. Earnest Holmes. James has absorbed the tenets and techniques of healing masters who frequently visit Mile Hi. She has wedded them with her two advanced degrees in the spiritual counseling field to develop her own program for personal healing. "*What Will Set You Free*," a seven-week course to heal wounds from abuse, neglect and an unhealthy lifestyle. It is a valuable toolkit complete with techniques for meditation (CD), journaling, finding your voice, embracing forgiveness, reclaiming the real you. James is also an exciting motivational speaker, counselor, actress, musician, and singer.

—Jim Conder

City & Mountain Views

What Will Set You Free (with CD) Cynthia James

Cynthia James has given readers the chance to make a positive change in their life through her own stories, practical exercises, journaling and a wonderful meditation CD. It has been a while since this reader has read a book so compelling, one that gives advice you can use right that moment and one so caring. Each chapter is filled with stories of her own life of abuse, neglect, finding the wrong relationships and trying to find who she really is. Don't we all do that? Many of us have been harboring secrets for most of our life and can't figure out why we aren't happy.

"What Will Set You Free" gives clear understanding of how we sabotage our goals and ourselves. We continually play the victim and blame others. Ms. James teaches us how to stop doing the negatives and focus on the positives we have with such exercises as: writing your story- word for word, making no changes. She asks, "Does your story drain you and make you fatigued?" Then follows with after reading your story ask yourself "Do you want to let go of the story and move on." As a psychologist I have read many self-help books, but none show this amount of enthusiasm or sincerity in helping you make a change in seven weeks. This is a book that I would recommend my students in my "Children and Violence" class to read and re-read. Even if we have taught ourselves to believe that we have had a perfect life, Ms. James will help you realize that there is no "perfect" life-- we all have issues, but you don't have to let them rule.

"What Will Set You Free" is a very incredible read.

Reviewed by Carol Hoyer for Readers View (5/08)

www.ReaderViews.net

The book and CD, "*What Will Set You Free*" by Cynthia James is an excellent week-by-week guide to realign, and reconnect with, your mental, physical, emotional, and especially, spiritual bodies to overcome the negative effects caused by, or brought on by, trauma — whether it was deliberate (childhood abuse, for example) or not deliberate (surviving extreme weather, tornadoes or tsunamis, for example) — experienced by either children or adults, males or females.

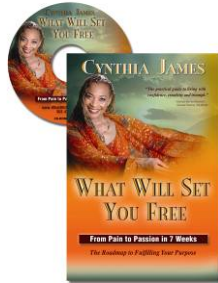
This workbook teaches people to look inwards for positive reinforcement (such as 'Am I good enough?' or 'Am I worthy?') rather than constantly (and hopelessly) seeking it from others and it teaches us how to improve our techniques of interacting with, and relating to, others. In short, this book is written to help set you free to live the healthy, happy life you deserve as much as anyone else!

~ Catharsis Foundation

"It's Time To Tell!"

www.whatwillsetyoufree.com

Available from Cynthia James



What Will Set You Free Book & CD Set

\$19.95

Available online at

www.WhatWillSetYouFree.com

By phone: 303-794-8888

Cynthia James' Music available through www.CDBaby.com



I Live For Thee
*Music to Lift &
Inspire the Heart &
Soul*
\$17.00



Transcendence
*Vocals & Piano
Uplifting Hearts*
Piano: Kent
Rautenstrauss
\$16.00



**Standing in the
Light**
*Music to Celebrate Our
Spiritual Connection*
\$16.00

Meditation Series available through www.CDBaby.com



**Spirit of the Inner Child
Finding Your Purpose
Releasing Rage
Transforming Memories**

www.whatwillsetyoufree.com