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*“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.**  
*New York Times Bestselling Author*

## ABOUT

Cynthia James is a transformational speaker, author and teacher. She is one of today's brightest and best loved international leaders, guiding thousands of people to make changes at a deep level for lasting healing in their lives.

Ms. James has completed two Master's Degree programs in Consciousness Studies; one from the Holmes Institute where she was awarded the honor of distinguished alumni, and the other in Spiritual Psychology from the University of Santa Monica. She touches lives worldwide as multi-media performer and as Associate Minister at Mile Hi Church, the largest New Thought community in the world.

Cynthia has uniquely combined the creative arts with innovative therapeutic techniques to bring healing to individuals of all ages, cultures, and lifestyles, including facilitating the message of her award winning book, *What Will Set You Free* as a workshop to women in prisons.

Cynthia's life was transformed as she transcended her childhood of violence and abuse. Through education and personal healing, she created the foundation for her programs; including being certified as a PTSD facilitator. Ms James is personally committed to utilizing creative expression as a vital and effective healing modality that assists people and organizations through personal and professional transformation and growth.

*"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 and Neglect*

Ms James appeared in the movies, *Leap!* and *The Sacred Journey of the Heart*. She is a Personal Growth Guide for the Gaiam and VividLife communities, has facilitated hundreds of workshops, seminars and keynotes; including *Celebrate Your Life, Woman Arising, the Gift in Shift, the Colorado Behavioral Healthcare Council, the Women's Success Forum, the Children's Hospital* and many others.

Cynthia has co-hosted a radio talk show, a television talk show in Los Angeles and is a sought after radio guest. She is the founder of the Cynthia James Support Network; an online support community. In 2012, Cynthia created and hosted the online teleseries, the Venus Transit University. Internationally, Cynthia has led workshops in England and Ireland and has created and facilitated Inward Journey Pilgrimages to Paris, Chartres and Mary Magdalene's country in the south of France. In August of 2013, she is guiding a retreat to the Sacred Valley of Peru. Cynthia's newly released book, *Revealing Your Extraordinary Essence*, offers practical tools for empowered living.

*"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"*



## What Leaders are Saying about Cynthia

*"Your talk entitled "Ordinary is Extraordinary", moved not only me, but the entire room. In the hour that I listened to you tell your story along with the stories of other amazing human beings I was inspired to refocus my own perspective on the world and the opportunities that exist within the core of every challenge."*

**Jena J. Hausmann**

Senior Vice President and Chief Operating Officer, The Children's Hospital

*"Early feedback on your presentation is fantastic! As you could tell from those who attended your session, your presentation had tremendous appeal. It was wonderful that so many of the participants recognized the healing power of your message"*

**Joanna Murray**

President, Women's Vision Foundation

*"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."*

**Kathy Hearn**

International Speaker, Counselor and Consultant

*"We appreciate your time, expertise, and enthusiastic message of hope, joy, and the power of service. Many thanks for making the inaugural United We Serve Award Ceremony so memorable for the award recipients and audience members. Your passion for the topic was apparent and it touched our hearts and minds, motivating us to look for ways to serve."*

**Gay Page**

Executive Director, Colorado Federal Executive Board

*"Cynthia James' approach was thorough, compassionate, insightful and effective in supporting each team member. Most importantly, Cynthia was able to tell the truth and help our team see the truth of what was holding us back from experiencing the most success and satisfaction in our work together".*

**GG Johnston**

President, Downstream Partners, LLC

*"Ms. James has been volunteering by providing 'Healing from Trauma and Abuse' groups to the females inmates housed in the Jefferson County Sheriff's Detention Facility. The request to attend these voluntary classes has been overwhelming at times. Feedback from inmates attending classes has been very positive and we view the information presented as not only necessary from a health/educational point of view, but of valuable assistance in behavioral management of a large population. I strongly support her and commend her for doing a great job".*

**Deborah Aludo**

Counseling Unit Supervisor, Jefferson County Sheriff Department

*"Cynthia James is a gifted speaker and teacher who has the ability to transform an audience with her passion, commitment and grace. She delivers heart opening, life-changing wisdom."*

**Arielle Ford**

Author & Speaker

*"Cynthia James message is here to inspire the soul. She will help you discover life changing truths and guide you with loving care. Believe and you will receive."*

**Gary Quinn**

Bestselling author, Living in the Spiritual Zone and Life Coach

*"Cynthia James was a dynamic, magnetic, and loving speaker. The participants were so moved; they wanted her back right away! She helps women to see their beauty and perfection no matter what externals are going on!"*

**Sarah McLean**

Director, Sedona Meditation Training & Retreats

*"We thank Cynthia James for her outstanding performance as a keynote featured speaker. We highly recommend her as a speaker and performance artist, and our attendees felt she was a great addition to our annual conference."*

**Colorado Behavioral Health Council**

*"Cynthia is a commanding presence on the stage; speaking with great conviction, enthusiasm and humor. The excitement and inspiration during her talk was palpable as the audience was rapt listening to her speak. I can't recommend Cynthia highly enough. She has the faith and conviction to inspire any audience. I know that she can transform the lives of your audience by helping them shift their perspective to their own inner strength and power".*

**Karen Koebnick**

CEO, Stellar Productions

## From Cynthia'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 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 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.

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.

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

By so gracefully sharing her story, it allowed me to find the courage to feel and release the past. Her beautiful expression of life has demonstrated how to claim my power, to speak my truth and be proud to be me. She is the teacher every student has been looking for!"

Perhaps a DEFINING MOMENT for us all, was when Cynthia James told us, "Every time you don't take a RISK, you deprive the planet of some part of you." WOW. I have that written on my desk, and am looking at it right now.

You were fun and spunky and full of awesome girl power wisdom, and I appreciate you! Just wanted to let you know that you made a big difference for a lot of women, and I think you're pretty darned cool.

## Topics for Keynotes and Workshops Customized Upon Request

### What Will Set You Free

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. She 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.

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

### Revealing Your Extraordinary Essence: Practical Tools for Empowered Living

We live in a culture that places a lot of attention and advertising dollars on acquiring something. That could mean jobs, relationships, money, power or status. It is wonderful to feel comfortable but it is better to be joyous and fulfilled. That state comes from being connected to self and being clear about how our thoughts and behaviors affect the environment we inhabit. The extraordinary person is awake, available and authentic. That means they are conscious in how they live, respond and express. The truth is, no one is ordinary; everyone has the potential of expressing in a state of the extraordinary. This presentation is for busy people who want to become more conscious and more successful, it is for people who are overwhelmed, overworked and over-committed.

- 'Bust the myth' that it is normal to be ordinary and leap into your extraordinary life
- Release the feeling of being stuck
- Birth 'that something' inside that is screaming to be released in exceptional ways.

### Integrative Technologies

As an expert in healing from abuse and trauma, Cynthia James affects an audience on a deep level in a very short period time. Cynthia takes her audience through the steps of *Integrative Technologies* that combines traditional forms of therapeutic practice and alternative modalities of healing. She addresses historical trauma, the mind/body connection and creative expression through an experiential lecture and multi-media presentation. It is through this process that Cynthia teaches the attendees how to recognize and transcend in themselves, for their clients and in community, the inner pain that affects the ability to thrive.

The audience will learn:

- The language of the body for healing
- Techniques to release unresolved rage
- Tools to initiate and complete forgiveness

## **Topics for Keynotes and Workshops, *con't*** **Customized Upon Request**

### **Your Time to Soar**

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. The audience will learn the 5 portals through which they must step in order to soar.

### **The Fragmented Heart**

Why are there so many people feeling challenged and unable to move beyond past their fears and doubts? What is it that keeps a person cycling in old patterns of behavior that do not serve them? Cynthia James has been supporting clients and organizations for over 20 years. She has discovered a commonality that explains feelings of being stuck and immobilized. An enormous amount of the world population is moving through life with “fragmented hearts”. The audience will discover that place in their heart that aches with emptiness and they will deepen into the awareness for healing into wholeness. This is the time of the heart-centered journey; Cynthia inspires transformation within her audience to live up to their full potential. This talk will give fresh insights and tools to support this healing and expansive living.

### **Sacred Woman Holy Life**

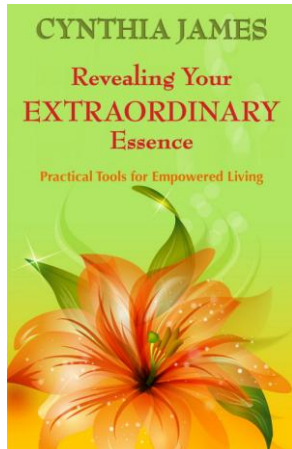
Embrace the power of women in the sacred context of the elements of our Universe. This workshop teaches you how to be empowered to live the dreams in your life. The interactive seminar uses valuable tools and experiences to enhance your self expression. Women leave this workshop transformed, embracing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

### **Reboot Your Life**

Whenever anything happens to our computer it instructs us to reboot. What would it be like to reboot our lives? When things occur in life surely there is a chance to hit the “shift key”. Our whole being is a sophisticated computer – we are hardwired in our DNA and our software is programmed from the environment, education and experiences in our lives. Combining the analogy of computer terms with life experiences, belief systems and habitual reactions; Cynthia gives an in-depth lecture and outline of how to really use the “Control, Alt, Delete” button for the betterment of your life. She guides you to open up to the “blue screen” of what seems like a foreign language and recognize what is really going on and how to discover what route needs to be taken for your personal best and those of your clients.

- Learn why and when to reboot
- Apply control, alt and delete to decision making
- Begin anew with fresh ideas

## Revealing Your Extraordinary Essence: Practical Tools for Empowered Living



*“With much enthusiasm and positive direction, author Cynthia James teaches us how to move from the ordinary to the extraordinary by “busting the myth” of ordinary existence. Her inspiration and motivation are contagious; you will come away with renewed passion to succeed in whatever your heart may desire”.* **Sonia von Matt Stoddard**, Reviewer, Awareness Magazine

### AWARD WINNING

- ✦ This book is for busy people who want to become more conscious and successful.
- ✦ It is for people who feel overwhelmed, overworked and over-committed.
- ✦ The extraordinary person is awake, available and authentic. That means they are conscious in how they live, respond and express.



*“Cynthia James is a teacher of the highest caliber and this book will give you a direct link to her life changing perspective. Fasten your seat belt and be ready for shift and transformation as Cynthia’s exercises will move you more rapidly than you ever dreamed were possible.”* **Cathy Hawk**, Founder, Clarity International and Author

**“Use this book as an annual renewal program, focusing on one of the twelve sections each month. Or, incorporate the focus you need for any area where your life feels stuck. Either way, get this book and 'bust the myth' that it is normal to be ordinary and leap into the extraordinary life that awaits you”.**



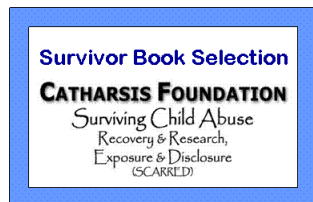
*Transformational Specialist, Speaker and Author*

## FREEDOM IS A CHOICE™

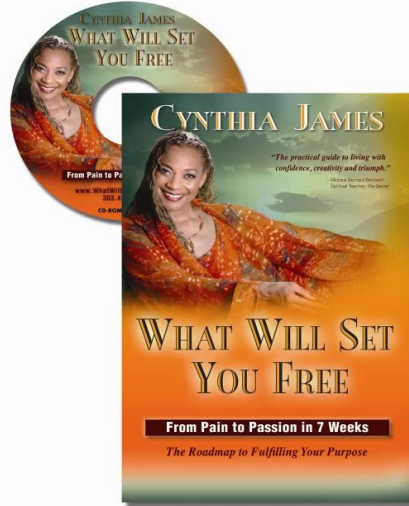
*What Will Set You Free* is the first book and CD toolkit utilizing meditation, affirmations, journaling and Cynthia's guidance to transform your life.

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 deep level for lasting healing*
- *Be free of destructive life patterns and pain*
- *Transform your life and live with passion*



*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.



*"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 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, author of *Spiritual Liberation, Inspirations of the Heart, Forty Day Mind Fast, Soul Feast, & A Manifesto of Peace*

## BOOK REVIEWS

### *What Will Set You Free*

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!

**The Catharsis Foundation, "It's Time To Tell!"**

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.

**Carol Hoyer for ReadersViews.com**

#### **From Amazon Readers:**

"In any abuse situation (physical, emotional, substance) we tend to divorce ourselves from our bodies and our feelings and walk through our lives disconnected from our essence." "What will set you Free" companions the reader every day of their journey to healing. At the beginning of the book the question is asked "If there were no blocks how would you live your life?" What follows is a workbook that is much more than just another self-help book. It is a workbook for life change which will transform the reader from abuse to wholeness. Cynthia James has written an easy to follow road map to reconnection with your true self."

"There was a time that I thought that I had nowhere to turn. Using the principles of this book has allowed me to hope and begin to live from a place of power. I encourage anyone who is challenged with life to learn the skills in this book. I believe it will be a life changing event."

## BOOK REVIEWS

### *Revealing Your Extraordinary Essence, Practical Tools for Empowered Living*

This book is positive and affirming from the very start. 'I love being alive', says the author in the Introduction and it isn't long before the reader shares that opinion too, no matter how stressed or depressed he or she might be when picking up the book. But, as the author says, this isn't a book, but more accurately a 'support mechanism'. Its aim is to help us become an extraordinary person - one who is 'awake, available and authentic'. It does this through discussion, exercises, affirmations and quotes. And there are different ways to use the book. It can be a year-long program of enlightenment, or the reader can focus on a chapter at a time until a particular challenge has been overcome. We are asked to 'activate a willingness', or to honor ourselves during the exercises, which are much wider ranging than simply setting goals or creating to-do lists. Becoming extraordinary may sound like wishful thinking, but this book is firmly grounded in reality. The author is a transformational specialist with degrees in spiritual psychological and consciousness studies. Sadly she suffered from violence and abuse during her childhood. The fact that she is now so positive and able to share her beliefs with us is testament to her great strength and determination. This is evident in her writing which is always encouraging and inspiring. There are sections entitled Love, Connect, Clearing, Trust, Invest, and interestingly, Sing! Decluttering and organizing, so relevant to today's materialistic way of life, are covered. The author is persuasive and generous, and when you have read this book, you really do share her view that each and every one of us really can be 'an amazing gift to this world'. **Reviewed by Stephanie D. for Readers' Favorite**

With much enthusiasm and positive direction, author Cynthia James teaches us how to move from the ordinary to the extraordinary by "busting the myth" of ordinary existence. Her inspiration and motivation are contagious; you will come away with renewed passion to succeed in whatever your heart may desire. We live in a culture placing a lot of attention on possessions, other than the important connection to self. The extraordinary person is able to rise above the tangible asset to a place about not only being clear on our behavior and our environment, but thoroughly conscious of exactly how we are living and expressing ourselves. Each title explores one area of personal development, such as love, trust, power and self-care, plus many others. The sub-sections explore each area with specificity. Then, we are given exercises that are not complicated. The author gives us suggestions for using the book in ways that are more practical to us, such as taking one chapter at a time, versus trying to consume the entire book in one sitting. Included throughout are several affirmations that can provide a burst of action if your time is limited. People can be remarkable when believing in themselves. By actively placing focus on appreciating ourselves and our strengths, and by using the exercises in this book, every day we will get closer to achieving our highest purpose. **Sonia von Matt Stoddard, Awareness Magazine**

#### **From Amazon Readers**

If you are looking for a way to stay anchored in your life...this is the book for you. The tools are clear and powerful, and Cynthia is dedicated to supporting your freedom and expansion. I use these methods daily. Ready for a change? Here is a way to transform your life.

This book is incredible. If you really want to go to the next level this is a tool that will take you there and beyond. This is not just a book you will read and put on a shelf. This is a book you will be able to use as a tool to catapult yourself to the next level in any area of your life. Whether you have enjoyed Cynthia James' past works or you have just discovered her, this book walks you down the path to excellence with exercises guiding you into a deeper and richer experience.



*After the seminar is over ...  
Are you looking for a way to sustain personal support?*

*“My intention is to be with you in a powerful and ongoing way. Don't you think it is time you totally step into your greatness so that you can make a difference in the world? I do.”*

**As a member, Cynthia will guide you to release the past and embrace your destiny:**

- \* *A unique theme each month*
- \* *Weekly Video Coaching delivered by email*
- \* *Mid Week Check-in delivered weekly in an email*
- \* *Audio Blessing each Friday to the phone of your choice*

**Only \$19.99/month  
or \$199.00/year**

*“Yes! I have absolutely been able to utilize the Cynthia James Support Network in my life. It is a home base for me to come back to when, in the course of my daily life, I get off-track. I know where to go to get back on track”.*

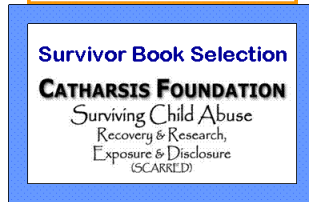
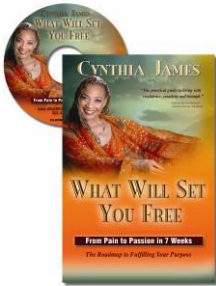
**WATCH YOUR INVITATION  
FROM CYNTHIA ON HER WEBSITE**

## VISIT CYNTHIA'S ONLINE STORE

### BOOKS

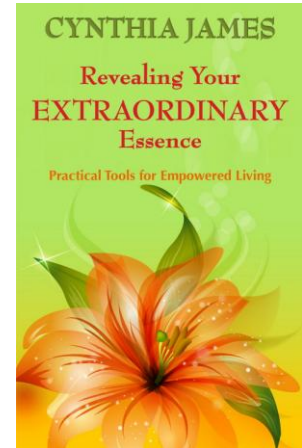
#### AWARD WINNING:

**What will Set You Free, Book & CD**



#### NEWEST RELEASE:

**Practical Tools for Empowered Living**



### MUSIC & POETRY



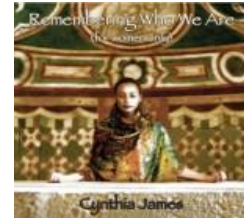
**I Live for Thee**  
*Music to Lift & Inspire the Soul*



**Transcendence**  
*Uplifting Hearts Voice & Piano*  
**Piano:** Kent Rautenstrauss



**Standing in the Light**  
*Music to Celebrate our Spiritual Connection*



**Remembering Who You Are**  
*For Women Only Poetry & Music*

### MEDITATION



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

*Meditations designed and narrated by Cynthia –with allotted time for you to deepen into this practice with specially selected music*