

THE THREE STAGES OF AWARENESS *Program*

MARIANNE MCGUIRE

PROGRAM HOMEPAGE

Everything that you need for this Program is here!

This is the place where all of the written and audio information contained within this Program lives. For your convenience, you can come here to access any part of it that you are drawn to practicing and enjoy it again.

My desire is that you really participate with this Program so that you can experience the profound results that are available for you.

*There is a reason that you found this information; the time is **now** for you to Let Go and Know, so that you can live and create your life no longer from a state of struggle but **from who you really are!***

Please use this Program from now on as a Support Framework for your life.

Action Sheets

 Please click on each of the following links below to download the **Action Sheets** for the Three Stages of Awareness Program.

These also include all of your **Audios** for the Program (i.e. the Audio for each Week and any bonus Meditations).

(I recommend that you open these Audios in Firefox or Chrome Browser.)

[Week One](#)

[Week Two](#)

[Week Three](#)

[Week Four](#)

[Week Five](#)

[Week Six](#)

[Week Seven](#)


[Week Eight](#)

[Week Nine](#)

[Week Ten](#)

[Week Eleven](#)

[Week Twelve](#)

 For your convenience, I have included a Workbook for you to use for the duration of the Program. This is where you can do your written “Homeplay Assignments” from your Action Sheets.

I recommend that you print this Workbook out and put it in a binder so that it’s in the one place for you to use each week.

Please [click here](#) for the Three Stages of Awareness Program Workbook.

 Bonus 1: The Video Series that introduces this Program.

[Video 1](#)


[Video 2](#)

[Video 3](#)

[Video 4](#)


[Video 5](#)

[Video 6](#)

 Bonus 2: Daily Let Go and Know Wellbeing Practice. This is a number of Practices that you can do (what you are drawn to) so that you can implement this Program in every area of your life. It also includes a bonus health map. Please click here to view this.

Bonus 3: The complete Becoming Aware Listening Practice

<http://www.letgoandknow.com/fullbecomingawarelisteningpractice.pdf>

 Personal one-on-one attention with Marianne (any observations or notes that you have during or following your time with Marianne can be written at the back of your Workbook).