

## REAL EYES REALIZE "Going DEEP"

Our **REAL Eyes Realize** podcast interview with **Gv Freeman** highlighted multiple inflection points around spiritual awakening and a path toward freedom and liberation ... or at the very least a higher happiness set point. Gv is a business consultant, coach, medicine carrier, and psycho-spiritual counselor who works primarily with founders, entrepreneurs, and executives to open the door to personal fulfillment and purpose. He does this by guiding them through a DEEP inner journey. Here is a glance at his roadmap.

### Tool Description ...

Gv's magic is his ability to intuitively guide individuals throughout a journey to identify sticking points that sabotage personal fulfillment. He enables people to find success in a myriad of ways, reducing the chase for the temporary or fleeting ROI. You can contact [Gv Freeman](#) for your own personal coaching experience. In the meantime, here is a glance at how Gv goes DEEP with his clients.

### Going DEEP

#### D - Discovery

In this phase, a person learns more about who they are. Self-awareness is critical to personal growth. At the same time, what is discovered is **'Who Am I when I am not so busy trying to be somebody else?'**

#### E - Excavation

In this phase, a person dives into the beliefs and patterns that ready to be released. These are the parts of our persona that no longer serve us and in fact, hold us back from **REAL**izing our full potential. This may be the part of the journey where deeper medicine work can unpack deeply seated beliefs that are in the subconscious, raise them to the surface, thank them for their teachings, and sweetly say good-bye.

#### E - Experimentation

In this phase, a person starts to experiment with different strategies for building a stronger base of actions aligned with a higher vibration view of oneself. This may include practices to let go of judgement or increase a deeper level of awareness or play. This varies depending on the person and outcomes from the preceding two phases.

#### P - Prosper

In this phase, this is where the results in life start to prove "my life is getting better!" Also aligned with the premise "when the body remembers, the brain doesn't have to" this is when a person fully embodies a new way of living authentically, fulfilled, and in alignment with one's DEEP values.

For more insights on this DEEP work, or to personally engage with Gv Freeman, contact him at: <https://www.gvfreeman.com/>