



New!

Exploring the sacred qualities through movies



A Sacred Quality is a state of being and a quality we embody, radiating from the heart, grounding and expressing as spirit in human form.

Sacred qualities hold frequencies of love connecting us to our feelings and can be expressed in both higher and lower frequencies, like temperature on a thermometer. As we learn to express through higher frequencies we can live empowered lives and influence those around us to perceive the love within and the possibility of living a life of Courage and Joy. For those seeking heart mastery, the sacred qualities are the specific ingredients required.

Movies exploring transformation have assisted me throughout my life to feel into the sacred qualities. Movies tell stories and it is through stories that we connect with others, sharing the journey of a life facing our fears. In those defining moments where a character achieves a challenge, initially believed to not be possible, I am assisted to feel into the endless possibilities of choice in each moment. Each moment holding another opportunity to choose a higher vibration of a sacred quality, and build a stronger foundation where love rather than fear creates my reality.

The Kings Speech is a recent release and a movie I enjoyed very much, feeling inspired and enriched as I left the cinema, my heart expanded with the wonder of what we can all achieve. The quality of Inspiration has stayed with me assisting me

to feel more deeply into the potential that lies within each of us to BE who we truly are, transcending our self imposed limitations.



Like many great movies The King's Speech inspires the heart embodying many sacred qualities including Courage, Joy, Hope, Wonder, Integrity, Compassion, Honesty and Trustworthiness. The story captures the anguish and frustration of Bertie who has suffered a debilitating speech impediment since childhood. This man finds himself suddenly crowned the King of England and unable to give a speech. His fear is palpable as he struggles with self doubt, and many others are not convinced he will not be able to lead the country, uniting them in a time of war.

Bertie engages a speech therapist, Lionel

Logue, known for his unorthodox methods. The seeds of improvement are sown in their first session and a relationship begins. Lionel believes in Bertie and admires his Courage and Endurance and is always prepared to hold the bar high, lighting the way with Faith and Hope. Lionel does not seek fame or recognition for his gifts; it is assisting in the transformation of another that brings him much Joy.

Holding Bertie in a space of compassion, Lionel is prepared to do what it takes, while also remaining strong and steady in his personal boundaries. In the words of a dear friend, Lionel loves Bertie unconditionally without expectation of return. Over time Lionel becomes a close friend of the King and remains by his side for each speech he gives clearly demonstrating his commitment to co-creating a safe space for another human being to BE without limitation.



Julie Skinner is passionate about developing harmonious and empowered teams. She facilitates a leadership program within a health setting, fostering self reflection and exploring behaviour change with a focus on improving health outcomes for patients. She feels very privileged to walk with others on this journey of discovery as it is a mutual learning environment where building rapport and courage bring the greatest rewards. She also coordinates and delivers a coaching program for clinicians, developing her skills in program management.

Julie lives with her 19 year old twins, her master teachers, and feels grateful for their presence in her life. Her interests include reading, nature, swimming, long walks and theatre. Julie also loves music and movies that connect her to heart and draw her closer to the truth, living a life based on love and possibility.