



Introducing The Book

GATES OF POWER: *Actualize Your True Self*

by Nomi Bachar

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GATES OF POWER: Actualize Your True Self is an inspirational, informative, and practical guide for all who are passionate about living up to their potential and maximizing their life. The book is based on the **Gates of Power®** Method created by Nomi Bachar. In the book, Nomi offers wisdom gathered through her own spiritual and emotional journey, her life-long study of different spiritual traditions and her experience as a counselor and coach for the last 26 years.

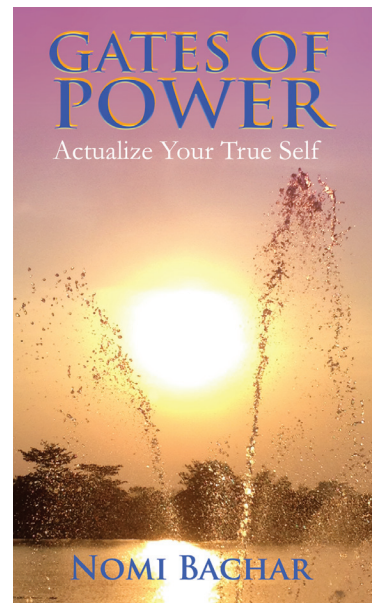
The Gates of Power® Method is a path for self-healing and self-actualization. The path is practical, creative, and deeply spiritual. The method empowers and energizes all seven facets of our being: Body, Emotions, Dialogue, Creative Expression, Life Path, Silence, and Knowledge. At the same time it unifies the three aspects of the self (*Emotional Self, Defensive Self, Expanded Self*) creating inner strength. **Gates of Power®** Method is the ultimate guide for creating a vibrant, powerful and whole Self. The method is practiced through a comprehensive curriculum that includes seven levels of training.

Excerpt from Gates of Power

“Nature intended us to be the healthiest, best version of ourselves, and our dreams want to come true. Commitment, passion, and discipline are necessary companions on the journey, and this book is here to assist you in the process. On one hand, it is important to be able to experience and accept all the aspects of living as a human being and, on the other, to realize that we are beings of consciousness moving through a human life. Our journey is one of embracing our earthly existence, creatively and expressively, while at the same time coming to know our true nature as spirit, pure awareness, and ultimately one with the Absolute.”



Nomi Bachar, a holistic spiritual counselor is a self-healing, self-actualization expert and coach. She is the director of White Cedar Institute for Expanded Living LLC and the creator of Gates of Power®.



To order :
GATES OF POWER:
Actualize Your True Self
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PRAISE FOR NOMI BACHAR'S

GATES OF POWER: *Actualize Your True Self*

Inspirational and action-oriented, Gates of Power® presents a set of ambitious challenges and practices, to create the life we desire, to be successful at work, to be true partners in our homes and to have caring relationships. Bachar provides us with a how-to guide that is both spiritual and practical so that we can become who we are meant to be.

— Catherine Kaputa, author of *You Are a Brand!* and *Breakthrough Branding*

Nomi Bachar shares a solid body of hard won wisdom. Her work encompasses knowledge to inspire the mind, body and spirit. It uplifts and transforms those who journey through the **Gates of Power®**.

—Joyce Z. Meyers, LCSW, CRT, CHT.

Nomi Bachar is exceptional. Her book addresses one of the most important yet elusive issues of our time: how to create “success.” Not the accrual of material goods, but our mental, emotional and spiritual success! I highly recommend Bachar’s brilliant book to all who honestly seek the powerful and exciting success within themselves.

—Al Cole from CBS Radio, host of the syndicated talk show “People of Distinction”.

Meet Nomi Bachar

Nomi Bachar, a holistic spiritual counselor is a self-healing, self-actualization expert and coach. She is the director of White Cedar Institute for Expanded Living LLC and the creator of **Gates of Power®** Method. The Method is experiential, creative and spiritual, it assists participants in reaching holistic integration, empowerment and fulfillment. Ms. Bachar has been working with individuals, couples and groups for the last 26 years, as well as lecturing and facilitating workshops.

Alongside her counseling and training, Ms. Bachar has an extensive background as a multidisciplinary performing artist. Her artistic background includes acting, dance, choreography, producing and writing.

In the last few years she has dedicated herself to empowering people through the **Gates of Power®** Method. Her mission and passion is the exploration and expansion of human potential and the ways it can be achieved through transformation, creativity and leading a life of contribution.





NOMI BACHAR

Media & Presentations

Conscious Lifestyles Radio with Ginger Leilani Chapin , January 5, 2014,
"Your Passion and Creativity with 'Gates of Power.'"

CBS Digital Media with Al Cole, May 5, 2013, "People of Distinction."

Progressive Radio Network with Peter Roth, December 2, 2012,
"How to energize your life using the Gates of Power."

Overcoming Life Threatening Diseases with Dr. Ward Joiner and John Hall,
July 23, 2012, "Crisis As An Oportunity For Growth."

Diaspora with Donald Green, February 7 and 28, 2012,
"Fear And Limiting Beliefs."

Self Awareness: Who's Truth with Rose Whaley, January 29, 2012,
"Self-Empowerment."

Getting On Top with Paul Morris, January 4, 2012, "Creating Wholeness."

Everyday Goddesses with Alkistis Agiorgiti, November 16, 2011,
"Perspective On Self Actualization."

1001 Ways To Cope With Stress with Kenshasa Shabaka, October 11, 2011,
"Tips On Coping With Stress."

Presentations

Anthea Yoga & Healing Arts Center

New York Women in Communications

New York Theosophical Society

JCC in Manhattan

Namaste Bookshop

92nd Street Y NYC

Holistic Moms Events

Ananda Yoga Center

*MoonFire Empowerment
And Spirituality Network*

The Sacred Center NY

Movement and Energy Center

Women's Issues Committee

Westchester Holistic Network

For more MEDIA AND PRESENTATIONS see:<http://www.gatesofpower.com/presentations>