

Experience. Explore. Express.  
Empower.

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## Information Kit

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**White Cedar Institute for Expanded Living, LLC**

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www.gatesofpower.com

# What is “Gates of Power®”?

Gates of Power®, created by Nomi Bachar, is a holistic method designed to assist individuals in the process of self-transformation and self-actualization. The method liberates, energizes, and strengthens the seven facets of *the self*. These facets are called “Gates.”



## What is so unique about Gates of Power®?

Unlike other self-development methods that focus on a few of life's central themes, Nomi Bachar's Gates of Power® method takes a holistic approach, by working on ALL facets of the self through spiritual, creative, intellectual and practical processes.

The Gates are channels of expression. Through these Gates we learn, expand, and experience the world around us. When all Gates are open and working in harmony, we experience our wholeness and power. The process and exercises of the method are cognitive, experiential, and expressive. Using the method, participants learn to master the seven Gates and are able to take full responsibility for their lives and their contribution to society.

# The Seven Gates of Power® Will Super-Charge Your Life!

The Gates of Power® method is a seven level curriculum that transforms and strengthens the individual. Using the Seven Gates, you gain the ability to create the life you envision. One can expect to:

*Transform physical symptoms and tensions*  
*Achieve emotional balance*  
*Maintain fulfilling relationships with yourself and others*  
*Express, create, and contribute freely*  
*Attain focus and achieve life goals*  
*Find serenity and discover your oneness with all things*  
*Investigate life's big questions*

## Understanding the Seven Gates:

**The Gate of the Body:** Exploring the body, its expression and its energy patterns. Understanding it as a mirror of consciousness, and learning to strengthen and free it.

**The Gate of Emotions:** Experiencing and exploring emotions in order to become emotionally healthy, balanced, and empowered.

**The Gate of Dialogue:** Learn to transform the internal dialogue into a compassionate and constructive one. Explore the importance of relating consciously and constructively to others.

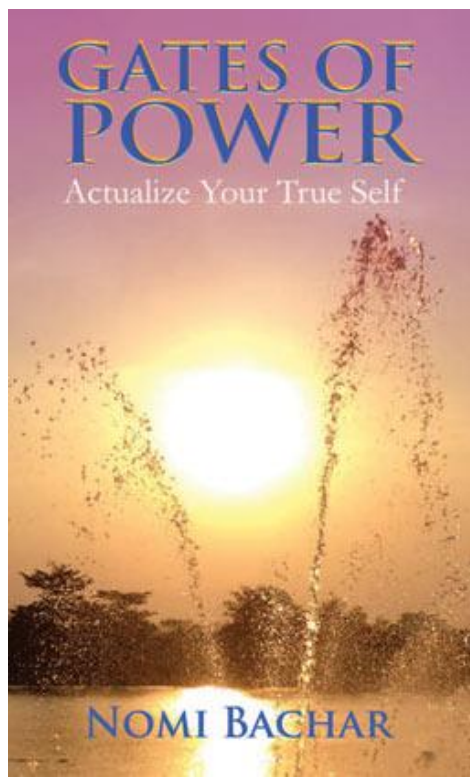
**The Gate of Creative Expression:** Strengthening the self, by freeing all the creative channels.

**The Gate of Life Path:** Gaining clarity about one's goals and passions, creating a sense of direction and focus, followed by a plan of action to realize one's unique contribution to the world.

**The Gate of Silence:** Discovering the ability to be silent and cultivating a meditative state of mind. Tap into the world of insight, understanding and possibilities. Gain profound clarity and peace.

**The Gate of Knowledge:** Realizing the truth of our own energy and consciousness and its oneness with the oneness of all of Life.

# **Gates of Power: Actualize Your True Self by Nomi Bachar**



As an additional resource to the Gates of Power® method, Nomi Bachar's book, ***"Gates of Power: Actualize Your True Self,"*** walk you through the process of self-actualization and transformation. In this comprehensive adaptation of the Gates of Power® method, Bachar explains the fundamental process and principles of the curriculum by providing a step-by-step guide to balance and fulfillment.

## **Endorsements For The Book:**

***"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.

# Media Exposures For Nomi Bachar

**All media exposures can be found here:**

<http://gatesofpower.com/media.shtml>

The Nancy Ferrari Show: October 21<sup>st</sup>, 2014

The Farkas Files: October 16<sup>th</sup>, 2014

The Dr. Pat Show: Sept. 9<sup>th</sup>, 2014.

Breakfast with Erica, August, 7<sup>th</sup>, 2014

In the Spirit with Gary Goldberg: July 3<sup>rd</sup>, 2014

PRN FM / The Energy Stew with Peter Roth, July 18<sup>th</sup>, 2014

Living Arts In Westchester with Jackie Suarez, July 7<sup>th</sup>, 2014

World Lifestyle with Emily Hudson – May 24<sup>th</sup>, 2014

The Business of Wisdom with Dr. Alvin Jones: May 14<sup>th</sup>, 2012

New Consciousness Review with Miriam Knight: May 14<sup>th</sup>, 2014

The Jenn Royster Show: June 12<sup>th</sup>, 2014

Ginger Leilani Chapin Show: January 1<sup>st</sup>, 2014

People of Distinction Awards: May 5<sup>th</sup>, 2013

Progressive Radio Network with Peter Roth: December 12<sup>th</sup>, 2012

Dr. Ward Joiner and John Hall: July 23<sup>rd</sup>, 2012

Creating Wholeness with Paul Morris: January 4<sup>th</sup>, 2012

Everyday Goddesses with Alkistis Agiorgiti: November 16<sup>th</sup>, 2011

1001 Ways To Cope With Stress: October, 11<sup>th</sup>, 2011

Talking Alternative with Sam Liebowitz: May 11<sup>th</sup>, 2011

# Professional Publications

All publications could be found here:

<http://gatesofpower.com/articles.shtml>

Bachar, Nomi. "Book Giveaway: "Gates of Power" by Nomi Bachar." *TheCelebrityCafe.com*. N.p., 1 June 2014. Web.

Bachar, Nomi. "Home." *Inner Realm*. N.p., 1 Jan. 2012. Web.

Bachar, Nomi. "InnerSelf." *Ten Commandments for Cultivating Power Through The Body*. N.p., n.d. Web..

Bachar, Nomi. "Living Your Vision." *Beliefnet*. N.p., n.d. Web.

Bachar, Nomi. "Mindfulness: A Way to Resolve Stress, Anxiety, and Free Your Joy." *ExpertBeacon*. Expert Beacon, 2014. Web.

Bachar, Nomi. *Review: Gates of Power: Actualize Your True Self by Nomi Bachar*. N.p., 20 May 2014. Web.

Bachar, Nomi. "Resolving Stress and Freeing Joy: 5 Ways to Cultivate Mindfulness." *Inspiy.com*. N.p., 24 Apr. 2014. Web.

Bachar, Nomi. "Sweet Leigh Mama - Atlanta Mommy Blog: Search Results for Nomi Bachar." *Sweet Leigh Mama - Atlanta Mommy Blog*. Sweet Leigh Mama, 09 May 2014. Web.

Bachar, Nomi. "Practicing Mindfulness Reduces Stress, Enhances Life." *Eyesin*. N.p., 12 Apr. 2014. Web.

Bachar, Nomi. "Reclaiming Our Creativity and Expression: A Path to Healing." *Mystic Living Today*. N.p., 21 Oct. 2014. Web. 28 Oct. 2014.

## Former Presentations

All presentations could be found here:

<http://gatesofpower.com/presentations.shtml>

Nomi Bachar is an avid speaker, counselor, and leader.

Other than workshops within White Cedar Institute; Nomi Bachar is regularly invited to lecture and lead presentations and workshops.

Atmananda Yoga- “The Ten Commandments For Loving Communication”

Anthea Yoga and Healing Arts Center – “Introduction to Gates of Power”

New York Women In Communications: “Self-Actualization through Gates of Power ®”

New York Theosophical Society – “Alchemy of the Soul”

JCC Manhattan – “Introduction to Gates of Power”

92<sup>nd</sup> Y NYC -- “The Power of Intimate Relating”

Holistic Moms Events – “Reducing Stress and Improving Communication”

Ananda Yoga Center -- “Unifying The Aspects of the Self”

Moonfire Empowerment and Spirituality Network – “The Power of Creative Expression”

The Sacred Center NY – “The Path to Self-Actualization”

Sky Movement and Energy Center – “Healing Meditations”

EAPA Women’s Issues Committee – “Mastering The Channels of Empowerment”

Westchester Holistic Network – “Mastering the Seven Gates of Power”



# Workshops and Lectures

In addition to the Gates of Power® curriculum, Ms. Bachar offers a variety of lectures and workshops for organizations. The presentations provide discussion, information and audience participation aimed to promote wellness, creativity, and empowerment. Our presentations vary from 1-3 hour lectures to weekend-long events. All of which can be tailored to meet the needs of any organization.

## Presentation Topics Include:

For a full list of workshop topics visit [www.gatesofpower.com](http://www.gatesofpower.com)

### Gates of Power®: Revolutionary Keys To Love, Inner Strength, and Success

Through this revolutionary method, participants learn to unleash their inner power, heal, actualize their true self and optimize their life. The 'Gates' are portals or life energy, expression and wholeness. They include the following Gates; **The Body, Emotions, Dialogue, Creative Expression, Life Path, Silence** and **Knowledge**. Once all of these facets are cleared and empowered, participants reconnect to their wholeness and potential. This workshop helps you define dreams and goals by teaching you to clear obstacles, and liberate inner creativity and expression.

### The Ten Commandments Of Effective Communication

This course focuses on effective communication, personal as well as professional. Participants learn to be clear, precise, expressive and assertive. They learn to listen, take in, evaluate, respond and avoid re-activeness, blaming, and attacking. The skills of negotiation, request-making and tolerance of differences are also addressed.

### Leadership Training

True leaders' lives are dedicated to contribution. Gates of Power® offers leaders a seminar to help cultivate leadership skills and introspective reflection necessary to creating a vision. This includes the exploration of choices, commitments and actions and their implementation.

### Self Expression: The Power and Freedom of Being You

Creativity is the expression of the universal power through us. This workshop uses creative games, writing, movement, art, sound and music to strengthen our creative ability, free our expressions, and bring us closer to our true nature.



# White Cedar and Gates of Power®

White Cedar Institute for Expanded Living, LLC was founded by Nomi Bachar in 2006. Since then, White Cedar has pioneered the art and craft of personal transformation and self-actualization, and is the home of the Gates of Power® method.

## White Cedar On-Demand

At White Cedar Institute, our robust program schedule encompasses the complex needs of our client base. We welcome participants at all levels of growth and spiritual evolution to participate in the Gates of Power® curriculum.

**We support and facilitate the individual development, achievement and self-actualization of our clients their families and their communities.**

***Read more about Gates of Power at [www.gatesofpower.com](http://www.gatesofpower.com)***

## Testimonials

**See what clients are saying about Nomi and the Gates of Power® Method:**

“The tools that Nomi teaches and the process one goes through to transform through her coaching is superior to any life coaching program out there. The difference is that Nomi gives you the tools to coach yourself.”

**--Darby Melnik, Energy Movement Center, Peekskill, NY**

“...Nomi not only possesses a fine intelligence and impressive analytical skills, but great reserves of personal strength and incomparable instincts.”

**--Karen Trot, Actress/Playwright**

“...The humanity and understanding that Ms. Bachar exhibits allows people to examine their lives in a new light, to learn about themselves...develop and change...a rare ability indeed.”

**--Peter Herdrich, Television Producer**

## Contact Us



To book Nomi Bachar for workshops, lectures, or personal appointments, contact us at:

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