

free phoebe manifesto

free phoebe - a self expression collective is the demented love child of Sue Turner (a singer-songwriter disguised as a podiatrist) and John Hawkins (author, speaker, catalyst, a hallelujah of life force). In their musical and personal explorations, they have discovered that a collaboration that contributes to others gives them power, freedom and *juice* . . .

“ ... because yes is the only living thing, and we will make yes ...”

e.e. cummings

Who is **phoebe** and why does she need to be freed?

phoebe is the loved self who never questions her worth, worries about what others think or is horrified when she falls flat on her face. She pays attention to what she loves, doesn't think about whether she's good enough and takes the world on one adventure at a time, while celebrating her own courage and commitment. She is her own guardian angel, always there to remind herself to say *yes* when passion moves her to speak, act or behave in ways that are consistent with her *true* self - that part that comes from being empowered in the present. She repeatedly forgives herself for any and all imperfections and continually recommits to the

manifestation of her own unique expression in the world.

freed phoebes are the lit-up people . They are unstoppable and unmessable with because they don't hold others responsible for their predicament. They “take life on” from a place of integrity - saying what they mean and following through on what they say. They consistently inspire themselves and others. They make us all want to be free of whatever is stopping us from living the life we've always wanted to.

free phoebe is a collaborative community of occasionally normal individuals who create artistic events and possibilities that make a difference for others.

If it isn't *fun*, they won't do it.

. . . check out freephoebe.ca (*coming soon*) for upcoming free phoebe happenings in your area