

GET REAL: What can people expect when they attend Evolve 2018?

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SUMMARY

Dr. Shefali discusses her annual conference, Evolve, emphasizing its unique format where she engages with the audience throughout the event rather than presenting a series of speakers. This immersive experience aims to foster deep spiritual transformation and collective growth over the four days, culminating in a day of silent meditation.

- *Evolve is designed as an immersive journey rather than a traditional conference with multiple speakers.*
- *Dr. Shefali stays engaged with the audience throughout the event, promoting a shared learning experience.*
- *The theme for Evolve 2018 focuses on spiritual warrior ship, transformation, and navigating spiritual pain.*
- *Notable speakers include Shaka Senghor, Sterling K. Brown, Michael Beckwith, and others, contributing to the depth of the experience.*
- *The event culminates in a day of silent meditation to help participants integrate their learnings.*
- *The format encourages collective growth and transformation over the four-day period.*

hey dr. Shefali let's talk about your annual conference evil last year was my first experience at evolve and one thing that I noticed was you were with the audience or with us as the audience the entire weekend and I've been to many conferences and many summits and typically it's like one speaker after the other there's never anybody consistent but we had the pleasure of watching you evolve I would say over the four-day journey

last year and I'm just wondering can you elaborate on that and what might people expect when they come to evolve this year sure so I think you're right I did not want to have a gathering which was a conference type where it's every 20 minutes a new speaker I really wanted to create an experience where I was inviting people to travel a path with me so every year people really get to

experience how far a b-ball since the last year and I pretty much stay on stage yes there guess but it's still me with the guests for the most part because this is not about some gimmicky you know glitzy one speak after the other who's next it's really about deepening the understanding of what I'm trying to teach and that takes three to four days and it's a collective experience of going deeper into the labyrinth of wisdom together so I do it with you you

do it with me and by the end of the four days we have all transformed so this year evolved 2018 we have a fabulous panel of speakers who will share the stage with me and I think the theme this year is really going to be a spiritual warrior ship spiritual transformation spiritual pain and the portal toward evolution I will be sharing some deep spiritual work that I've been doing this past year and how Abbey balls and then

we have Shaka Senghor most likely sterling K Brown from PSA's ass michael beckwith Suzie Loula beanie Jane avatar from parenting junkie many speakers to come share their insights to take us deeper so it is an experience like none other and the Monday after is a day of silent meditation where the entire experience kind of makes sense and calculates deep within the being at a completely

different level things just kind of coalesce and that's the send-off so I'm excited for it it's going to be a fabulous learning experience with me and me with you so I hope I see you there