



## David Ellzey Awakened Life

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“David Ellzey is a gifted teacher and healer, and he makes you laugh! He helps you to joyfully live in the moment, which is essential for a healthy body, mind, and spirit.”

**Christiane Northrup, M.D.,  
Bestselling Author, Women’s  
Bodies~Women’s Wisdom**



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### What Seminar Attendees are Saying:

*“I’ve been given an experience of who is behind all my stories, roles, and history... Thank you, David, from the bottom of my heart.”*

– **Dhiresha Marshall, Durham, NC**

*“David moved me to finally understand what it means to move from knowing spiritual truth to being it.”*

– **Paul McGillivray, MeetingTruth.com**

*“I gained my life back after my divorce. Thank you for giving me the tools to move on with my life.”*

– **Barbara Washburn, New York, NY**

*“The past is done and gone and I am no longer the prisoner of it”* – **Manna Scott, Congers, NY**

### Speaker Testimonials

*“David inspires us to move beyond our fears.”*

– **Susan Jeffers, Best Selling Author**

*“Thank you for a wonderfully entertaining yet meaningful presentation at The World Bank event. You had us all laughing and yet recognizing ways to live with less stress and perhaps even more peace inside. We look forward to working with you in the future in other team-building events.”*

– **Elisa Liberatori Prati, Manager, Consumer Solutions & Support, Information Solutions Group, The World Bank**

*“David has a special blend of professionalism on the subject matter at hand and connecting in a very human way with participants.”*

– **Douglass Gardner, Deputy Director, United Nations Development Programme**

*“David is an accomplished court jester to humanity who connects us to our larger selves.”*

– **Norman Cousins, Bestselling Author of “Anatomy of an Illness”**

### Celebrity Testimonials for The Sedona Method and Other Seminars:

*“This method is one of the easiest and most powerful tools of self-improvement and spiritual growth I have ever experienced.”*

– **Jack Canfield, Best selling author, Chicken Soup for the Soul**

*“Brilliantly simple and simply brilliant! The Sedona Method is a great resource for coaches, therapists, healers, managers, and anyone who desires deep, gentle change at a rapid pace.”*

– **Gay Hendricks, Ph.D., author of Conscious Loving**

*“... by far the most powerful way to make big changes in all aspects of your life through the simple act of 'letting go.’”* -- **Mariel Hemingway, Actress**

### Parenting and Caregiver Testimonials:

*“David is one of those rare master coaches ... as I navigated the complexities of a divorce, a growing career, and raising children. I can’t imagine getting through it without him.”*

– **Jan Nolte, Executive Communications Consultant**

*“David’s a master coach who can dissolve my panic of single motherhood into a place of profound peace within minutes. He is rare and precious indeed.”*

– **Allana Pratt, TV/Radio Host, Sensual Empowerment Coach, Author of How to Be & Stay Sexy**

*“I have a sense of amazement and incredible awe at the accuracy of your insights that are facilitating my growth and immersion into the next stage of my life, especially after my mother’s passing. I am humbled to have this opportunity to work with you. Blessings David.”*

– **Mary Jo Romano, Connecticut**

# AWAKENED LIFE COACHING

## Priceless

*"The difference that this work with David has made in my family, especially in my relationships with my children, is priceless. As a mother, this is what I wanted."* – Niki Niknafs, California

## Found Out Who I Truly Am

*"I've been given an experience of who is behind all my stories, roles, and history... Thank you, David, from the bottom of my heart."* – Dhiresha Marshall, Durham, NC

## 400 Hours at a Zen Monastery

*"I can only equate what I went through to 200 hours of psychotherapy multiplied by 400 hours at a Zen monastery"* – Dan Hoffman, California

## From Knowing to Being

*"David moved me to finally and deeply understand what it means to move from knowing spiritual truth to being it."* – Paul McGillivray, MeetingTruth.com

## There's Life After Divorce

*"I gained my life back after my divorce. Thank you for giving me the tools to move on with my life."* – Barbara Washburn, New York, NY

## Free of The Past

*"The past is done and gone and I am no longer the prisoner of it."* – Manna Scott, Congers, NY

## Overflowing Gratitude

*"After your class, and most especially after the visit to Ground Zero on that Saturday night ... I've found myself in a constant state of gratitude for all that I am, have, and do."* – Annie Smutko, PA

## Never at This Depth Before

*"If you get to facilitate group experiences that come anywhere close to this weekend's magnificence on a regular basis the world will be changing exponentially! I have never experienced working anywhere near this depth before. Many thanks David."* – Dona McNiell, North Carolina

## Got Married!

*"I hope you remember me—I was the person who really wanted to meet the man I would spend the rest of my life with. He was, in fact, in my life at the time, but I didn't take him at all seriously... After the seminar something shifted and I thought, what the hell... So I dated him some more and whaddya know—we got married last November. We both feel very lucky. I have included a pic for you!"* – Jane Elliot, New York, NY

## Broadening of Consciousness and Courage

*"At the outset of this course, I experienced a shift in consciousness, a great broadening of courageousness. It was a real surprise to discover a new strength for creating and doing things, just springing from within. Not only has this shift persisted until now, a month after the course, but it is still expanding. Honestly, I didn't expect such a great gain during a three-day course and I feel very grateful about it. David has the rare capacity, not only to show things with clarity, to teach and bring deep changes with ease, but he also transmits something which gives the whole experience an entirely new dimension."* – Norbert Martin, Neuchâtel, Switzerland

# EXECUTIVE COACHING

*“David is a master at getting to the core of the matter and helping you release whatever’s in the way, allowing you to co-create whatever you want in your life. Professionally, I have seen a tangible difference at my office. I have cut my hours back to four days a week and am able to see all the people that I previously saw working five days. I have a permanent three-day weekend!”* – **Dr. Rick Neal, New York**

*“Having read hundreds of books and taken dozens of courses including Anthony Robbins and Dale Carnegie, and read everything from Eckhart Tolle to Buddhism to Wayne Dyer, I can say from experience that nothing has given me the peace of mind to run a number of businesses, simultaneously making my first foray into politics, and traveling to international conferences while also dealing with family issues as much as working with you.”* – **John Aslanian, Consultant and Marketing Director, New York, NY**

*“I had reached a point where a storm of moments in my career suddenly turned my life upside down. I am now on the other side doing what I have always dreamed of doing. I can honestly and emphatically say David’s coaching made this transition possible. I did not escape the pain. I simply let go of it much more quickly and completely than I could ever have imagined.”* – **David L. Maurice, CFP®, MDiv. Principal, Wealth Wise, Inc.**

*“Tons lifted off my shoulders”* – **Edward Grossman, Monroe, NY**

*“My relationship with my wife is greatly improved. We bicker far less frequently and have a more profound understanding of each other and a better sense of common purpose. We are closer.”* – **David Dale, Richmond, BC, Canada**

*“David, you have a very unique talent in opening up massive amounts of blocked energy with razor sharp skills in listening for clues and then hitting the bull’s-eye every time. This is intuitive way beyond your life coaching skills and I am very grateful to be working with such a powerful individual such as yourself. Anyone wanting to change their lives or business direction must call you for an appointment because I believe you work in the realm of miracles. Money very well spent.”* – **David Herman, New York**

*“Want to talk about someone who rocks the house when it comes to insight, humor, and deep, genuine devotion? David has an amazing capacity to help you focus on what you’re seeking, then fully support your journey and arrival. So if you’re thinking about makin’ some moves, the first move you ought to make is to contact David, now.”* – **Pete Grossman, Author-Owner, Infautainment.com**

*“David is one of those rare master coaches. His coaching was the beacon that guided me to new and fertile territory as I navigated the complexities of a divorce, a growing career, and raising children. I can’t imagine getting through it without him.”* – **Jan Nolte, Executive Communications Consultant**

# SPEAKING

*“David Ellzey is a master performer and presenter who has the rare ability to inspire both laughter and the profound realization of our unlimited nature. He added a new and very welcome dimension to our conference’s success.”* – **Zaya and Maurizio Benazzo, Co-founders of the Science and Non-Duality Conference**

*“Last week you spoke to over 600 students who realized, after your workshops and keynote speech, that they are already leaders inside. Your approach and ability to get these students involved is magnificent. I also want to thank you for leading by example. You are definitely a man of integrity, and it is evident in your presentations and interactions with adults and young people.”* – **Jeannine Ellaby, Chairman, Business Department, Future Business Leaders of America, Adviser**

*“David Ellzey’s performance is actually a transformance which assists in breaking barriers so one may experience the excellence within.”* – **Reverend Michael Bernard Beckwith, Featured Teacher in the film, The Secret**

*“David Ellzey is an accomplished court jester to humanity. Through his humor, he connects us to our larger selves.”* – **The Late Norman Cousins, Best selling author of, Anatomy of an Illness**

*“David Ellzey is a world ambassador of the most important kind; He reminds us to laugh and remember our common humanity. David I hope you continue to enhance the health of people through laughter and good humor.”* – **Robert Mueller, Former Under Secretary General of the United Nations**

*“David is a dynamic and gifted teacher.”* — **Sally Jessy Raphael, Author and TV Host**

*“As president of a 30 million dollar company in the throws of liquidation, the stress and depression felt overwhelming. David, you and this method helped me find an inner source of power, clarity and even peace that brought me through to the other side. Already, I’m moving forward with a sense of confidence and success. I’d have never thought it possible. Truly, a million thanks.”* – **John Aslanian, President, Quality House of Graphics**

*“I love how David uses humor to dissolve our stories. In a fun, deeply touching, and beautiful way, he manages to facilitate our own knowing of truth.”* – **Susie Beiler, Nutritionist**

*“You taught without teaching”* – **James Hurley, New York**

*“This helped remind me that the space around thoughts is really safe. I’m now clearer about how good that space feels. I feel calmer, stronger, and more centered. Thank you, David.”*– **Arlene Gorman, New Jersey**

*“I’m more relaxed and focused in my workplace. Not sweating the small stuff, feeling great with letting it go. Being able to walk out the door after work and leaving the stress and events of the day behind.”*  
– **Peggy Nelson, Fresenius Medical Care**

## BUSINESS SEMINARS & TRAININGS

*“Our department has gone through a complete transformation. Relationships have dramatically improved...We are able to stay calmer during very hectic periods....David uses his masterful people skills to entertain and inspire. I would trust him 100% to contribute to the health of any company lucky enough to have him.”*

– **George Pierson, Creative Media Senior Executive**

*“Thank you very much, David, for inspiring our team here at Gilbert Advanced Asset Management. Your teaching style is gentle, entertaining, laser clear and highly effective in guiding the participants into a real understanding of how to improve their relationships with clients, co-workers, and even at home. The feedback has been very positive. I look forward to you individually coaching our team members and contributing to our long term success here at GAAM. Thank you again!”*

– **Pamela Corrigan, CEO, Gilbert Advanced Asset Management, Inc.**

*“I was looking for a technique to help my staff deal with emotions... and avoid reacting negatively to tough situations. Sedona really fit the bill. The course was simple, fun and direct. One employee who I felt would resist the training remarked that more companies should invest this way in their employees. I agree. Thank you.”* – **Steven Deutsch, Director of Resident Services, International House, NY (Honorary Trustees: David Rockefeller, Henry Kissinger, Gerald Ford)**

*“The Sedona Method was a huge help to me as a Microsoft manager. It enabled me to engage my emotions and intellect without burning out or clashing unnecessarily with others. It helped me work easily with former adversaries, and to get beyond politics and preferences, to determine the best course of action for the group.”*

– **James Tierney, Former manager and director at Microsoft**

*“All of the key people in my company have taken your course. Not only has there been a dramatic (over 200%) increase in sales, but the best part is that we enjoy working together in harmony, watching our dreams unfold. As a company, releasing gives us a major advantage over our competitors.”*

– **Rick Solomon, President, CPA Network**

*“As business owners, one of the most important factors for success is managing the personal resources of our employees. The Sedona Method training is an integral part of our employee training for this reason. It has provided a powerful, common experience for our staff, allowing each of them, along with us, to deal with potentially conflicting issues effectively and efficiently. Doing so has brought out the best among us all, making for a truly dynamic and productive environment and most importantly, successful business outcomes.”*

– **David L. Maurice, CFP®, MDiv. Principal, Wealth Wise, Inc.**

*“Many of our patients and staff are glowing after the seminar. They have found previously unknown inner reserves of healing and happiness. This technique is tremendous.”*

– **James H. Martin, DC, NMD, DACBN, FAAIM**

*“I work in sales and there are 20 salespeople that cover our area. The economy is slowing down, and 17 of these reps are reporting lower sales but for three of us, sales are going up and I put my success down to my releasing.”* – **Jim Driscoll, senior account manager for an abrasives company**

# THE SEDONA METHOD & AWARENESS SEMINARS

*"This method is one of the easiest and most powerful tools of self-improvement and spiritual growth I have ever experienced."* – **Jack Canfield, Best selling author, Chicken Soup for the Soul**

*"Brilliantly simple and simply brilliant! The Sedona Method is a great resource for coaches, therapists, healers, managers, and anyone who desires deep, gentle change at a rapid pace."* – **Gay Hendricks, Ph.D., author of Conscious Loving and The Conscious Heart**

## Relationship, Body, and Emotions Healing in 3 days!

*"Results of this course? Let's start with that in 3 days, my relationship has gone from 'probably over' to 'definitely renewed, alive and vibrant.' A multitude of fears, angers, pain (physical & mental) have either gone away or are dissipating rapidly. For the first time in my life I can, sometimes in mere seconds...deal with situations/events that would have driven me over the edge. Those around me look at me wondering, 'Did he win the lottery?', the answer is no, I got something better...no kidding."* – **Kirk Neal, New York, NY**

## Social Phobia Dissolved

*"For someone who, for the last 16 years or so, has not had a social life, never easily entered into conversation with strangers and always felt a bit isolated ... My fear has left me for good. I find myself smiling easily at strangers and just talking to them as if I've known them all my life. I can't thank you enough!"* – **Amin, UK**

## Better Sleep

*"I am participating in a Duke University diagnostic study for insomnia, and as I fill out questionnaires on a daily basis tracking my sleep I can tell you for a fact that my sleep has improved from the very night I used the Method and uncovered those feelings."* – **Jeffrey M. Bergman**

## Life Beyond Cancer

*"Originally, I took the Sedona Method to release the emotions that contributed to my ulcers and diverticulitis. Learning that emotions did not have to run my life changed my life forever. Recently, releasing allowed me to recover from cancer without getting lost in the fear of death."* – **Pavani Talbot, Laguna Beach, CA**

## Enhances the 12-Step Program

*"The Sedona Method enhanced my ability to work my 12 Steps. As you can tell, I highly recommend this course to anyone who would like to speed up their personal recovery progress. It worked wonders for me. I have been clean and sober for 15 years now. Thank you, 12-Step Program. Thank you, Sedona Method. Thank you, God."* – **Jacque Solomon, Phoenix, AZ**

## Finding My Ideal House!

*"After strongly believing that owning my own home was next to impossible, and looking for several years, I used this technique to let go of that belief – and found my ideal house that very afternoon!"*  
– **Aurelia Hearn, New York**

## Medication Free

*"I was put on Paxil to deal with Chronic Fatigue and when I felt physically better, I wanted to drop the drug. I failed twice, unable to deal with the emotions that arose. Then I learned the Sedona Method and used that to deal with what came up successfully. I no longer needed the Paxil. This was truly empowering! Thank you."*  
– **R.Z. New York, NY**