

Nomi Bachar of Gates of Power to be Featured on CUTV News Radio

NEW YORK, NEW YORK, USA, January 26, 2015 /EINPresswire.com/ -- The journey to realize our truth and actualize our potential takes time, awareness, self-knowledge and courage. It is a life-long process of learning to accept and express ourselves. As a [self-actualization](#) expert, motivator, coach, author and thought leader, Nomi Bachar has dedicated the last 26 years to the art and craft of human growth and transformation.

"I have learned that what gives us the most fulfillment and happiness is the ability to be who we are and grow into our true power," says Bachar.

Ms. Bachar is the director of The White Cedar Institute located in Manhattan and creator of the [Gates of Power](#) method, a practical, comprehensive and revolutionary method for self-transformation designed to unleash one's potential and optimize every facet of one's life.

"Self-actualization means to take your potential and make it real," says Bachar. "We all have amazing greatness inside of us, but we need to actualize it."

The Gates of Power method provides clear, step-by-step instruction to create inner strength, balance, fulfillment, success, wholeness and total well-being. The method is supported by a seven-level curriculum that guides participants through experiential, expressive, creative, meditative, and cognitive exercises. It offers a detailed map leading you towards your highest potential and



performance. The book, *Gates of Power: Actualize Your True Self*, presents the basic principles of the method, featuring many personal stories, case studies, and exercises all based on the curriculum.

“To me the journey of transformation is an act of great creativity,” says Bachar. “We are creating ourselves and thus the world around us. I believe that we are here to manifest the best within us and be a contribution to ourselves and others. My passion is to guide others to find inner freedom and inner strength. These two qualities inspire people to do good in the world.”

Gates of Power is the only complete system that addresses all seven facets of your life: body, emotions, dialogue, creative expression, life path, silence, and knowledge. These seven facets are called gates or portals. All of your Gates

must be cleared and energized for you to be able to live a fulfilling and rich life. Only when we attend to all of them do we achieve the balance and inner power we desire.

“When you’re taking care of all your gates, you are self-nurturing, self-loving, self-guiding, and self-expressing,” says Bachar. “You can be authentic, honest and free. You feel comfortable in your own skin and you do the things you were meant to do with joy and creativity.”

“

Self-actualization means to take your potential and make it real.

Nomi Bachar

While the path to self-actualization is considered a personal journey, Nomi says she doesn’t believe it has to be a solitary one.

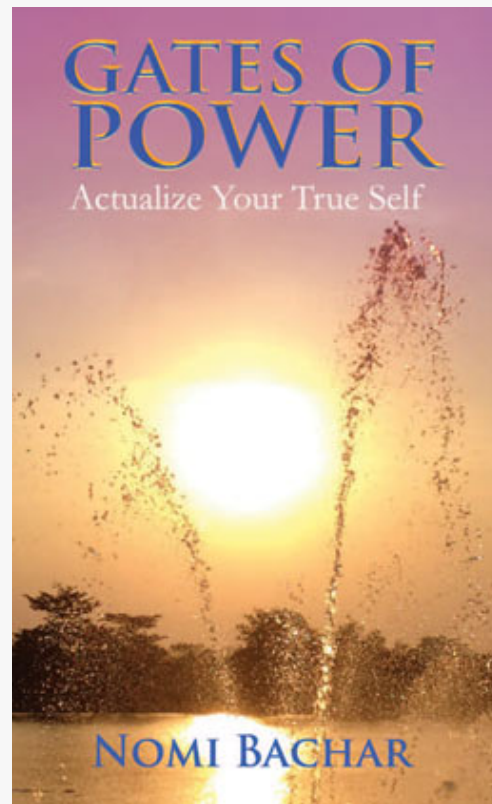
“You are never alone,” says Bachar. “You are woven into the fabric of life.”

CUTV News Radio will feature Nomi Bachar in an interview with Doug Llewelyn on January 27th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Nomi Bachar and her book *Gates of Power: Actualize Your True Self*, visit <http://www.gatesofpower.com>

Lou Ceparano
CUTV News
(631) 421-8500
email us here



This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2015 IPD Group, Inc. All Right Reserved.