

BREAKTHROUGH BLOGCASTS

...where each week Ordinary people have
extraOrdinary conversations

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- PRESS RELEASE -

St. Louisan Jaimes McNeal, featured teacher from *BreakThrough: A Conscious Documentary*, launches a partner series called BreakThrough Blogcast.

ST. LOUIS, MO January 2, 2010 - What if there is more to life than what people are seeing? What happens when people wake up to the possibility of living the life they only dared to dream? How do we master this thing called life? Can emotions be a guide through life? What if people could break through the barriers that keep them in their current state into the full glory of their desires?

St. Louis native Michal Abney vulnerably explores these questions within himself on a filmed journey that surprised even him. With no experience, no manual, and no historic professional precedence, Abney was spiritually drawn to Sedona guided only by his "spiritual GPS." Initially, he believed he was there to film a television pilot featuring spiritual workers, but it was soon evident to him that the "project" was about him...and the answer to the questions.

Like all of us, an ordinary person daring to have an extraordinary conversation, Abney began drawing from those around him that were teachers, healers, and coaches. He asked the same question repeatedly, "How do we master this thing called life?"

The movie's viewers will leave the film with the courage to articulate their own questions. To put aside anything they've learned, observed, or were taught that has kept them stuck in the same unproductive or destructive personal or professional patterns. And more than anything, the movie demonstrates the theme that the real breakthrough answers can only be found from within ourselves.

"Breakthrough: A Conscious Documentary" stars spiritual Healer [Marianne Parisi](#), Coach/Facilitator/Consultant [Jaimes McNeal](#), and Speaker/Coach/Author [Evonne Weinhaus](#), and features a host of others. However, the real star of the movie is the viewer themselves. "I urge you to listen to that voice inside you that knows what's true." says Abney.

As a result of listening to his own inner voice, Abney formed Awakened Productions with Larry De Rusha (executive producer), Cheryl Anderson (editor), and Betsy Buckley (art director), and Jaimes McNeal his life-partner (co-director/producer).

McNeal is the President/Founder of Phoenix Arises Seminars located in St. Louis. McNeal has over 23 years experience as a facilitator of personal and professional development. Just as Abney was spiritually led to create the documentary, McNeal has been drawn for more than a year to create a podcast. "When Michal shared with me the documentary's tag line 'Ordinary People Having an ExtraOrdinary Conversation,' I knew I had finally found the subject for a weekly podcast series."

The series is called BreakThrough Blogcast where the word "blogcast" is a contraction of the words "blog" and "podcasts."

The "blog" side of the series is formed by the website blogs at the website: www.BreakthroughTheMovie.com and will be updated each Sunday.

The "podcast" side of the series is formed by the selection of five (5) people from the BreakThrough Facebook community as guests on a virtual roundtable. The roundtable discussion is a recorded conference call on Mondays from 6:00 pm - 7:00 pm CST. The first Monday of each month McNeal will be joined by a co-host from the group of teachers presented in the documentary. McNeal, the co-host, and roundtable guests will have a conversation centered around the blog topic, and the intention of the conversation is to generate breakthrough in any areas of life where the roundtable guests feel "stuck." There will even be a segment near the end of the conversation where listeners can make comments, pose questions, or request feedback.

"We're excited for the opportunity to bring together people from all over the world, and to present the talent of so many teachers, coaches, and healers," says McNeal. "I feel called to not only support Michal, but through his movie there's an opportunity to connect with and support many people around the world! Don't worry if you aren't selected as a roundtable guest, or are unable to listen in to the weekly conversation, each week the BreakThrough Blogcast will be available for download from the website."

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If you'd like more information about this topic, or to schedule an interview with Jaimes McNeal, please call 314/621-8282 or e-mail Jaimes at jmcneal@me.com.