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## - PRESS RELEASE -

St. Louisan Michal Abney,  
creates a profound documentary  
called: *BreakThrough: A Conscious Documentary*.



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?

Michal Abney vulnerably explores these questions within himself on a filmed journey that surprised even him. Abney stepped outside of himself while on a quest to an energy vortex epicenter, Sedona, AZ. In Sedona, his spirit resonated with the red rocks, the evergreen vegetation, and the energetic vortices where he finally found the courage to articulate his own internal conversation. A conversation with which he's wrestled since he was a small child growing up in rural Missouri.

With no experience, no manual, and no historic professional precedence, Abney was spiritually drawn to return 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 questions over and over, "How do we master this thing called life?"

As Abney sought the answers he was specifically guided to the people, the places, and the situations that are presented in the movie. It was only when he stepped back could he recognize how amazingly accurate and specific is the spiritual GPS. In fact, our emotions are there to guide us precisely to whatever we want, but we haven't yet learned to trust them. Have we?

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 all the real breakthrough answers are only 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.

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If you'd like more information about this topic, or to schedule an interview with Michal Abney, please call 314/623-0642 or e-mail Michal at [michalabney@me.com](mailto:michalabney@me.com).