



teecrane.com

## Vertical Living

So many of us **experience** a sense of disconnection, of being **stuck**, feeling **unfulfilled**. These feelings often lead to **depression** and anxiety that causes even more of a sensation of being **disconnected**.

Many of us who **experience** these feelings also experience an underlying **guilt** because nothing really seems to be **wrong** with our life - we just **feel** out of focus and **disconnected**.

We can have a **great** family, good job and be living what we always thought was our ideal life...yet something seems to be **missing**. We don't feel fulfilled.

After a while our **focus** and motivation begins to fade and we find ourselves in a place of **confusion**. Why am I feeling this way? I should be able to relax and **enjoy** my life, yet I can't.

These feelings are **not** uncommon in our western **world**. There are very simple explanations **WHY** we feel empty and **confused** when everything seems to be **fine**.

The key is in how we **approach** our life. The truth is - we were not designed to **focus** and drive ourselves towards **accomplishments** and goals. Yes - you **read** that right.

Have you ever set your sights on a **goal**, driven towards it then after you **got** it - it felt like a bit of a let **down**?

The **truth** is we are **NOT** wired for **fulfillment** from Accomplishments or **Results**. Our fulfillment is to be found in **Experiences**. The very thing we go through on our way to an accomplishment...**experiences**.

We are **excited** when we experience life. Results come anyway - they are unavoidable - but focusing on our **experience** is what brings us to feel fulfilled, free, motivated, **excited** about being alive! The **Experience** of moving towards your intention is the simple **key**, *not* achieving the results of your goals.

**Wonder**, curiosity, and the seeking out of enriching **experiences** motivated many of the great **success** stories in our world. People who were driven to **experience**, and the experiences they had brought them great **accomplishments** and results. The "experience" of **life** is essential to feeling **fulfilled**, purposeful, happy and balanced.

**Vertical Living** is a fun, experiential, **8 session** course that **re-aligns** us in our true nature.

Learning **8 simple tools** and integrating them into your life through a series of exercises - brings about the **Shift** to our true nature. We become filled with curiosity, **joy**, and energy like we haven't had in years - some of us since we were **kids**, some of us - **never**.

Where once **emotions** felt out of control - there is now **complete** control, even **enjoyment** at experiencing them. Yes - we learn to enjoy **experiencing** our emotions!

In this **8 session** program you will also learn how to

- Seize **control** of your emotional thermostat! You **choose** how you feel!
- Be the "Eye Of The Storm" **regardless** of what is going on around you
- Turn **any** situation into a **POSITIVE** gift for yourself
- Go from Chaos to **Calm** in 3 simple breaths
- No longer be influenced by what others think
- Make choices with **purpose**
- No longer let Failure be a roadblock

**Vertical Living** can give you everything you require to **experience** this - in just **8 weeks**.

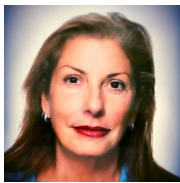
Here are just a few of the *testimonials* we have received:



"Tee is a calm but passionate leader. He raises the bar in any environment he's in and people love to follow his visionary confidence."  
- **Greg Montana, Owner Heart Virtue/Emerald Echo Inc.**



"Tee Crane - a man of motivation, purity, authenticity and genuine character. Tee makes you dig deep within your spirit to ignite the true you. Tee honours your space, embraces each person for who they are and works with what energy and presence you are prepared to bring out within you. A man of honour and matter of fact-ness. A soul, I call friend!"  
- **Christina Smith, Olympian, Author, Speaker, Founder PushStart International**



"T Crane saved my life! I was on a slippery slope - struggling with an ongoing drinking problem. T Crane's system not only enabled me to stop drinking, I also quit smoking! I am happier, I have a great relationship with a new man! I cannot thank you enough!"  
- **Melanie Yearow,**



“Meeting Tee is like meeting MAGIC.

Awareness is born and an act of consciousness is born when one is with him. When we meet, on one level transformation happens. We pay attention to all that he says, even the minute details he directs his focus to - and then effortlessness happens.

Tee is Tee and there can never be anyone like him. My recommendation is one of witnessing the re-birth of Tee in something of a local, national and then an International phenomenon.”

- **Adnan Sarwar**, Marketing Director, World Financial Group



“An absolutely amazing, life changing experience! From the first breath, the first moment, the shift will move you! Experience Tee, and share this mans incredible, insightful gifts with yourself! DO IT!”

- **Conny Kavela**



“It's simple - Tee gets it done and it's done right. He motivates, inspires, listens and most importantly understands. He embodies the poetry of life, chooses his words carefully and plucks out the phrases which open your mind. Embrace...”

- **Brian Hansen**, Co-Artistic Director Barrage, Creative Director E=MC2



“I highly recommend Tee to anyone looking to go deeper into themselves and find answers to questions that may be feeling like roadblocks. Tee has a way of getting right into your head and producing clarity”

- **Tammy Danielson**, Coach

## ***Frequently Asked Questions:***

### ***1. Is this a group course?***

- No it is one on one and very experiential.

### ***2. Do I have to be in the same city?***

- Vertical Living Participants live all over the world. Sessions are done via zoom, skype, or in person if we happen to be in the same location.

### ***3. What kind of commitment do I need to make?***

- The sessions are weekly and are an hour in length- however the exercises are daily and easily integrated into your lifestyle.

The commitment is to do the exercises and show up for the sessions. Just following that - will transform your world!

### ***4. Is this expensive?***

- We have priced this so it is accessible for anyone. The idea is that this is such a powerful course that has such a profound effect, we don't want to exclude anyone who has a genuine desire to experience it. So with that in mind - no. It isn't expensive.

High Value to you - is our contribution to the world. We are blessed that this is our livelihood as well.

### ***5. What if I have to miss a couple sessions?***

- It is preferred that the sessions run with about 6 days in between. We are flexible and can accommodate changes with some notice, however we also fill up quite quickly so available alternate spots are limited.

***Vertical Living*** is taking participants right now for the next series. Contact us for your ***complimentary session*** today.

It's ***time*** to experience ***life*** - on your own ***terms***.



[teecrane.com](http://teecrane.com)