



**GATES *of* POWER**®

Experience. Explore. Express. Empower.

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## Media and Information Kit

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*White Cedar Institute for Expanded Living, LLC*

211 West 88<sup>th</sup> Street Suite #1B  
New York City, New York, 10024

Phone: 212.877.0346  
info@gatesofpower.com  
www.gatesofpower.com

# ***What is “Gates of Power®”?***

Gates of Power®, created by Nomi Bachar, is a holistic method designed to assist individuals in the process of self-transformation and self-actualization. The method liberates, energizes, and strengthens the seven facets of *the self*. These facets are called “Gates.”



## ***What is so unique about Gates of Power®?***

Unlike other self-development methods that focus on a few of life’s central themes, Nomi Bachar’s Gates of Power® method takes a holistic approach, by working on ALL facets of the self through spiritual, creative, intellectual and practical processes.

The Gates are channels of expression. Through these Gates we learn, expand, and experience the world around us. When all Gates are open and working in harmony, we experience our wholeness and power. The process and exercises of the method are cognitive and experiential. Using the method, participants learn to master the seven Gates and are able to take full responsibility for their lives and their contribution to society.

***Read more about Gates of Power at [www.gatesofpower.com](http://www.gatesofpower.com)***

# The Seven Gates of Power® Will Super-Charge Your Life!



The Gates of Power® method transforms and strengthens the individual. Using the Seven Gates, you gain the ability to create the life you envisioned. You will:

*Transform physical tension*  
*Achieve emotional balance*  
*Maintain fulfilling relationships with yourself and others*  
*Express, create, and contribute freely*  
*Attain focus and achieve life goals*  
*Find serenity and discover your oneness with all things*  
*Investigate life's big questions*

## Understanding the Seven Gates:

**The Gate of the Body:** Exploring the body, its expression and its energy patterns. Understanding it as a mirror of consciousness, and learning to strengthen and free it.

**The Gate of Emotions:** Experiencing and exploring emotions in order to become emotionally healthy, balanced, and empowered.

**The Gate of Dialogue:** Learning to transform the internal dialogue into a compassionate and constructive one. Exploring the importance of relating consciously and constructively to others.

**The Gate of Creative Expression:** Strengthening the self, by freeing all the creative channels.

**The Gate of Life Path:** Gaining clarity about one's goals and passions, creating a sense of direction and focus, followed by a plan of action to realize one's unique contribution to the world.

**The Gate of Silence:** Discovering the ability to be silent and cultivating a meditative state of mind. Tapping into the world of insight, understanding and possibilities. Gaining profound clarity and peace.

**The Gate of Knowledge:** Realizing the truth of our own energy and consciousness and its oneness with the *Universal Consciousness*.

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# White Cedar and Gates of Power®

White Cedar Institute for Expanded Living, LLC was founded by Nomi Bachar in 2006. Since then White Cedar pioneered the art and craft of personal transformation and self-actualization, and is the home of Gates of Power® method.

## Gates for the Everyday: New Book!

As an additional resource to the Gates of Power® method, Nomi Bachar's upcoming book, *"Gates of Power: Master the Channels of Empowerment,"* walk you through the process of self-actualization and transformation. In this comprehensive adaptation of the Gates of Power® method, Bachar explains the fundamental process and principles of the Method, providing a step-by-step guide to balance and fulfillment.

## White Cedar On-Demand

At White Cedar Institute, our robust program schedule encompasses the complex needs of our client base. We welcome participants at all levels of growth and spiritual evolution to attend Gates of Power® classes, workshops, lectures and individual coaching.

**We support and facilitate the individual development, achievement and self-actualization of our clients their families and their communities.**

## Workshops and Lectures

In addition to the Gates of Power® curriculum, White Cedar Institute offers a variety of workshops for organizations. The Workshops utilize a wide spectrum of processes and exercises to promote wellness, creativity, and empowerment. Our workshops vary from 2-3 hours to weekend-long events, and can be tailored to meet the needs of any organization.

### Workshop Topics Include:

**For a full list of workshop topics visit [www.gatesofpower.com](http://www.gatesofpower.com)**

### Mastering Success

**Communication Power (Workshop #1):** This course focuses on effective communication, personal as well as professional. Participants learn to be clear, precise, expressive and assertive. They learn to listen, take in, evaluate, respond and avoid re-activeness, blaming, and attacking. The skills of negotiation, request-making and tolerance of differences are also addressed.

### Leadership Training

True leaders' lives are dedicated to contribution. Gates of Power® offers leaders a seminar to help cultivate leadership skills and introspective reflection necessary to creating a vision. This includes the exploration of choices, commitments and actions and their implementation.

### The Power of Creative Expression

Creativity is the expression of the universal power through us. This workshop uses creative games, writing, movement, art, sound and music to strengthen our creative ability, free our expressions, and bring us closer to our true nature.

## **About Nomi Bachar**



**Visionary. Speaker. Artist. Coach.**

Nomi Bachar is a counselor and self-actualization coach. She is the founder and Director of the White Cedar Institute for Expanded Living, LLC, and the creator of the Gates of Power® method. Ms. Bachar is dedicated to the art and craft of human growth and transformation. She is trained in psychodrama, Gestalt, bioenergetics and primal therapy – all psychotherapeutic modalities that utilize expression, creativity, imagination, and intuition. Nomi has been counseling and coaching for over 25 years, as well as lecturing, leading groups, training individuals and facilitating workshops. She is currently working on her much-anticipated book release on the Gates of Power® method.



### **Nomi and the Arts**

Ms. Bachar has coupled her training, experience, and artistic crafts with her spiritual awareness to create Gates of Power®. Outside of White Cedar Institute, Bachar has lectured and conducted workshops in New York at venues such as the 92nd Street Y, the Gay & Lesbian Center, Ananda Yoga Center, and Sky Movement Center. Nomi has worked as an actress, director, and choreographer in the United States and in Israel. She integrates her creative skills into her counseling work and is the founding member of Inner-Landscapes Dance Theater, a dance collective in New York City.

***Read more about Gates of Power at [www.gatesofpower.com](http://www.gatesofpower.com)***

## Testimonials

### See what clients are saying about Nomi and the Gates of Power® Method:

“Ms. Nomi Bachar has led multiple workshops at Moonfire to wonderful results. She has been an effective, supportive, and compassionate workshop leader throughout the time that I’ve known her. I can confidently recommend her to conduct any workshop at your center. --

**Amethyst Nemzoff**

“...Nomi not only possesses a fine intelligence and impressive analytical skills, but great reserves of personal strength and incomparable instincts.”

--Karen Trot, Actress/Playwright

“...The humanity and understanding that Ms. Bachar exhibits allows people to examine their lives in a new light, to learn about themselves...develop and change...a rare ability indeed.” --

**Peter Herdrich, Television Producer**

## Contact Us



To book Nomi Bachar for workshops, lectures, or personal appointments,  
contact us at:

*White Cedar Institute for Expanded Living, LLC*

211 West 88<sup>th</sup> Street Suite #1B

New York, New York, 10024

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Blog: <http://gatesofpower.com/blog>

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