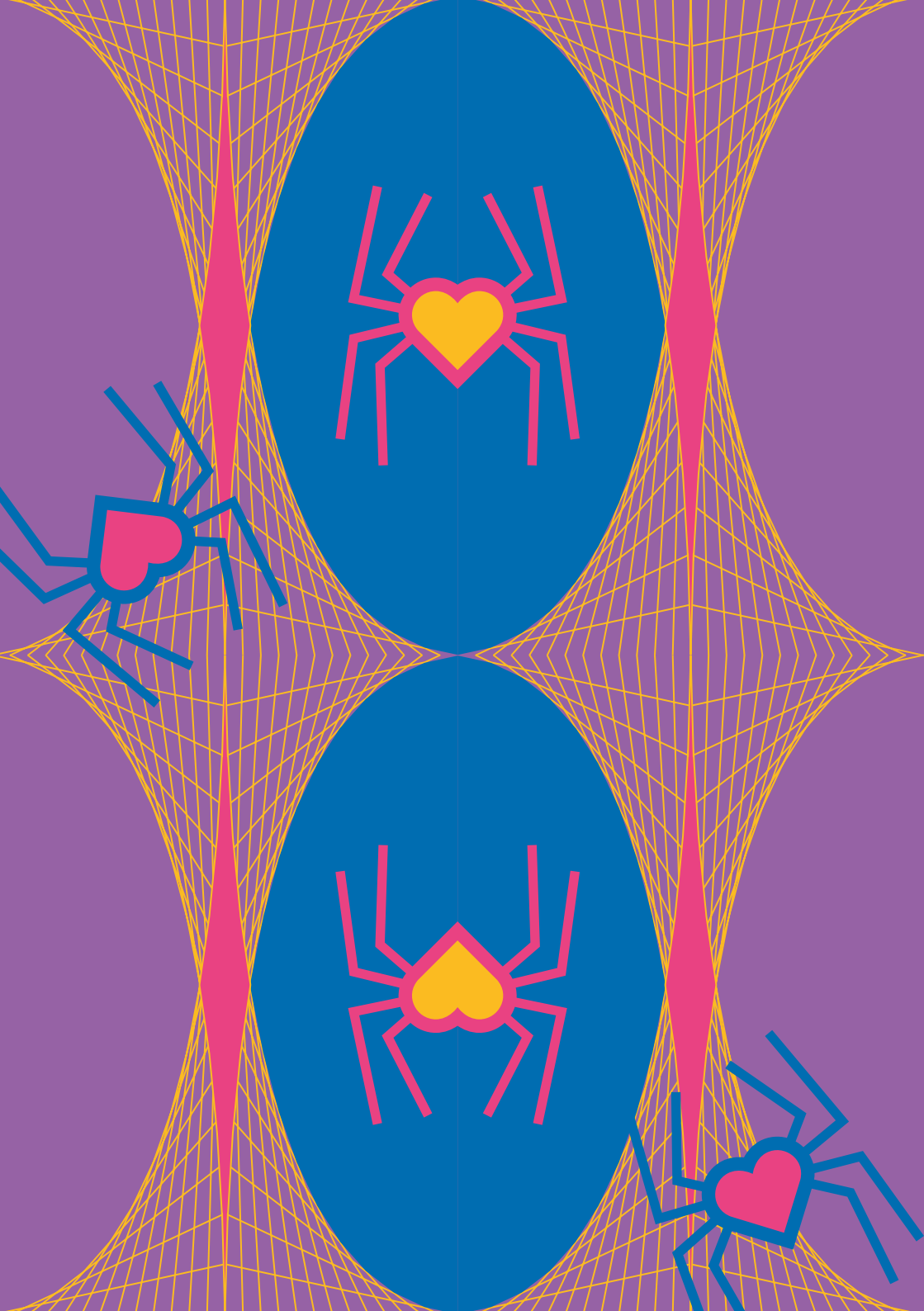


# WELCOME TO THE FREE FREE WORLD CLUB

AWAKEN, LEAD, AND  
IMPACT GLOBALLY



Dear Spider,

**Welcome to the Free Free World Club.** Where you become who you truly are. And help us create this powerful web that makes this a reality for every girl and woman around the world. We are so excited to have you join us.

If you were certain you would always be loved, feel you belong and be accepted, who would you be?

You are a creative being, like a spider, weaving your destiny with every thought, every action. When you reconnect with your feminine, you unleash your creativity through the wisdom of the universe. The flow of the waters, the harmony within you. You allow yourself to receive. To simply, be. Not just do, give. control. You Surrender. **FREEDOM.**



We call our members “spiders” because of the beautiful symbolism the spider holds: patience, creativity, and feminine energy. The web represents the interconnectedness of all things—a reminder that everything we do impacts the larger whole.

In spiritual traditions, spiders are guardians of wisdom and protection, often linked to the divine feminine. They remind us to tap into our creative potential, embrace balance, and pay attention to the patterns shaping our journey. Now see, feel, imagine. You are part of this biodiversity, this web of light and love. Who are you right now? How do you feel? What clothes are you wearing, who are you with, what are you doing?

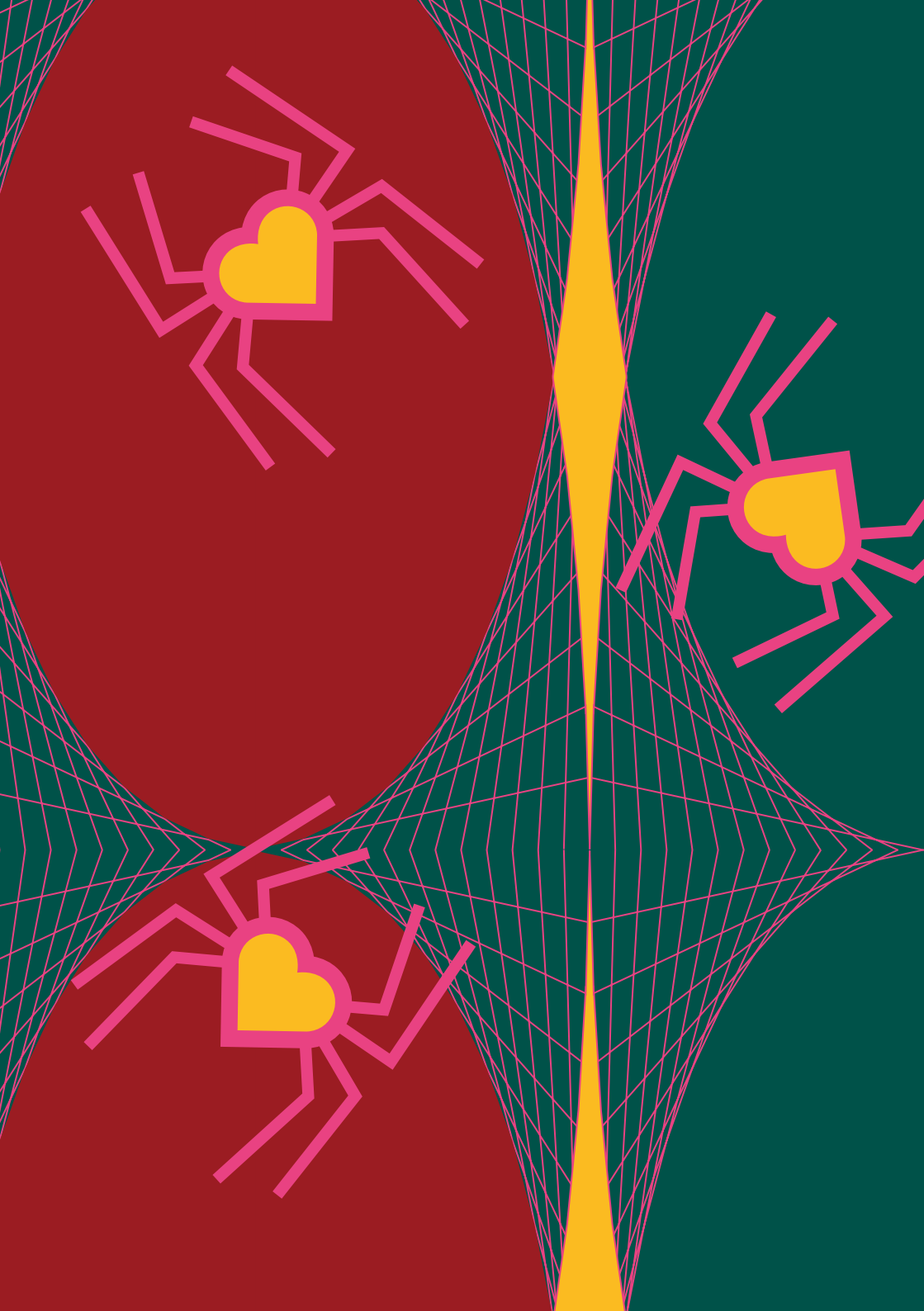
## NOW, DO YOU FEEL READY TO CONTRIBUTE MORE, COLLABORATE MORE, LEAD CONSCIOUSLY AND FREE THE WORLD?

True freedom happens within each and every one of us when we start letting go of the layers that no longer serve us. Our light starts shining brighter and more colourfully, and our gifts become vehicles of change to the world. We can become leaders in advancing our own inner freedom, but also as leaders of the divine feminine for world freedom.

Welcome to our intimate community of world class leaders, passionate self-led advocates of all walks of life, artists and creatives, connected by this beautiful web. This Welcome Kit is our love letter to you, offering a blueprint to begin exploring your unique freedom journey. We promise—it will be a beautiful one.

Through consciousness practices, powerful meditations, and artistic experiences designed to ignite your creativity, you will free yourself from within. And together, we can extend this liberation outward.

With lots of love,  
Mama Spider



## START YOUR FREEDOM JOURNEY

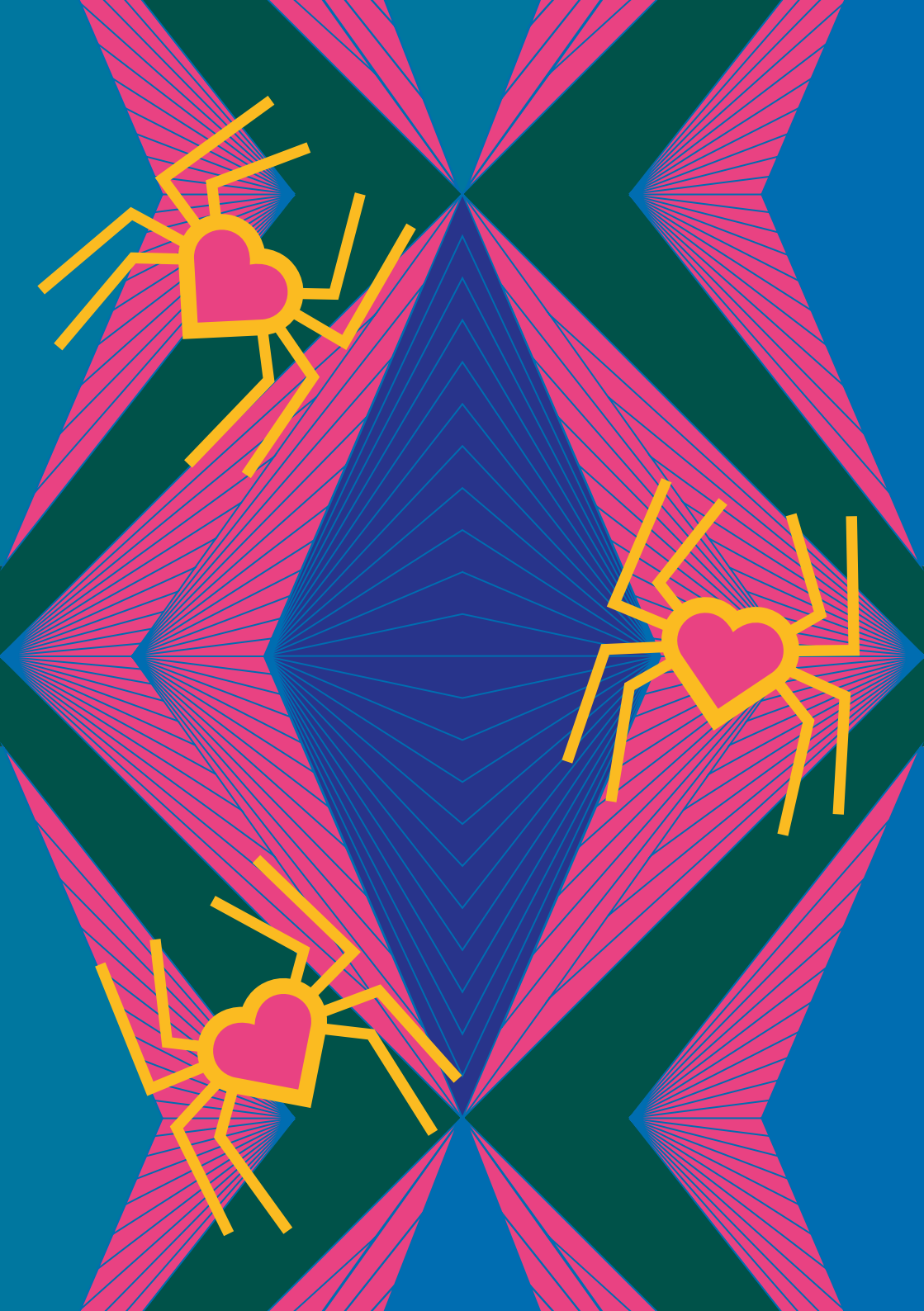
To set the foundation for your freedom journey, start with the Free Free Methodology Basics course, taught by our founder, Yasmine McDougall Sterea. This methodology is a mix of spirituality, neuroscience, meditation, woman, peace and security (WPS), the arts and the personal teachings Yasmine's Soul has received during her journey here on Earth. The methodology is ever evolving and growing, like a tapestry, and it will always be updated on our freedom practices.

## YOUR MORNING RITUAL

The time right after we wake up is special, as both our mind and body are highly receptive to information due to our brainwaves. We encourage you to start your day with our **Morning Ritual**: a meditation to connect with your true self in the waking realm, followed by a movement session of your choice to set up your physical body to your higher consciousness, finalised by a moment to journal using our prompts that plant the seeds of freedom. This ritual is the cornerstone of your journey! Freedom is an ongoing practice, and consistency is what strengthens the freedom "muscle."

## MONTHLY FREEDOM PRACTICE

Join us for a monthly gathering with founder Yasmine McDougall Sterea and other members to cultivate Freedom Consciousness. Our Freedom Practices offer a sacred space for meditation, compassionate dialogue, connection, community, and steps toward inner freedom. This journey can always go deeper whether you're just starting or have been on this journey for years. Humbleness is the key for expansion and growth.



## WANT TO DIVE DEEPER? THE AURORA MASTERCLASS.

The *Free Free Methodology Masterclass* — our weekly sessions for leaders who wish to do a deep dive into their practice. Members are invited to join when Free Free recognizes their readiness and commitment to take this next step. You will receive powerful freedom tools that will help you in your work, family, and personal life. Later, if you feel guided, you will also be able to teach them.

**TO JOIN, PLEASE REACH OUT TO US AT  
INFO@FREEFREEWORLD.ORG.**

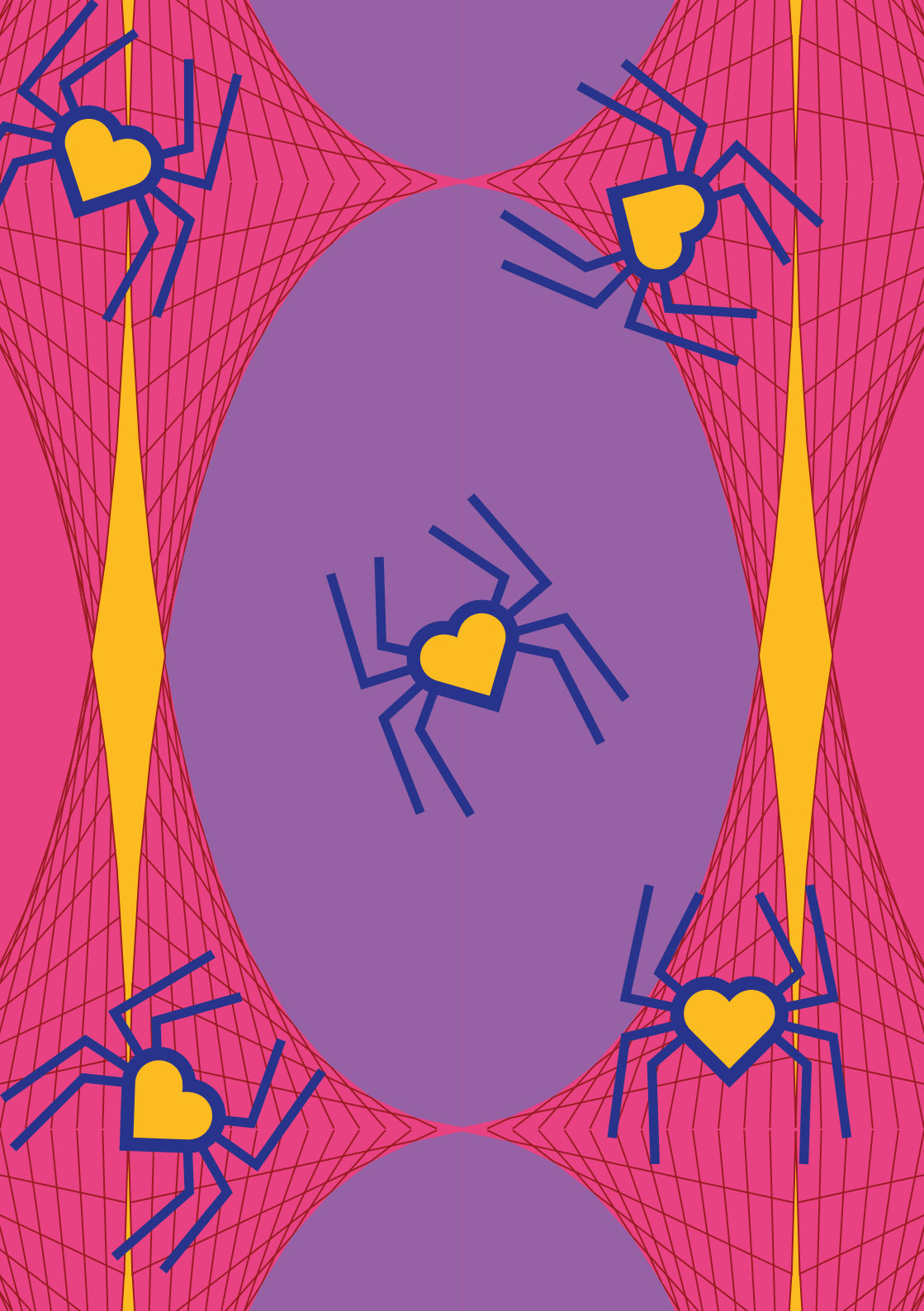
## MONTHLY TALKS & WORKSHOPS WITH WORLD LEADERS

Each month, you'll have access to talks and workshops from global leaders across diverse fields, sharing their freedom journeys and their tools. From creative visionaries and spiritual teachers to diplomacy experts and business specialists, these events will expand your understanding of inner freedom and the transformation the world is going through.

## CONNECT WITH OTHER SPIDERS

Free Free's magic comes from being co-created by the incredible individuals who are part of it. It's a vibrant space where leaders, changemakers, and dreamers meet, exchange ideas, support one another, and inspire! This is a safe space to reach out and connect with fellow members. The freedom journey is full of unexpected, beautiful, genuine, and meaningful connections! You'll experience this magic first hand.





## WEB OF GATHERINGS

Join and meet local members in your city with our crafted experiences. Dinners, retreats, art salones, workshops and talks! As Free Free is a community-centric space, you can also lead and create your own experience for the community. This is also ‘impact’ because from these gatherings, amazing ideas can blossom. Check the impact part of the app to see how you can set your own experience with us.

## YOUR FREEDOM TOOLS

Dive deeper with our monthly column, our curated library of readings, films, and articles that have shaped Free Free, or connect with a mentor for guidance and support.

## FREE WITHIN, FREE THE WORLD

Impact is more than philanthropy—it starts with transforming ourselves. As we free within, we inspire freedom in the world through our actions acting like a mirror. As part of the Free Free World Club, you can join global impact projects or create your own. Whether it’s hosting events, mentoring, starting university clubs, or taking grassroots actions with us, the possibilities are endless. Book a session with us to learn how you can get involved or to share any ideas you have.

Free Free is the platform where you can make the change you always wanted. And from our experience, you will only feel the freedom, the magic, if you engage.

## QUARTERLY IMPACT FORUM

Quarterly gatherings with our Leadership Committee to discuss current projects and brainstorm for future visions. This is a beautiful chance to gather and connect with members and to share any ideas that you’d like to weave! This is where we bridge Free Within, Free the world.

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