

Podcast Frank Kinslow

Consultation by Yann Sura

Name:

STILLNESS ECHOES – Awakening with Ease **by Frank Kinslow**

Format:

Length: 30 minutes weekly

Perfect

Concept Summary: (by Frank)

- Discovering effortless awareness and real-world transformation through the gentle art of Quantum Entrainment.
- The podcast invites listeners who are weary of self-improvement and striving to rediscover the natural ease and joy that arise when awareness rests in itself.
- Each episode combines **story, insight, and micro-experience** to create a living experience of awakening.
- It bridges Frank’s literary work (Stillness Echoes), expresses the essence of QE (effortless awakening), and speaks directly to those seeking peace without struggle.
- Meaning to Listeners: A gentle promise that personal awakening does not require effort, belief, or striving—only awareness and ease.
- Stillness Echoes: Awakening with Ease introduces QE through humor, warmth, and firsthand experience.
- The tone remains conversational, curious, and lighthearted, while the pacing gives listeners room to breathe into the stillness.

Episode Formats:

Yann’s suggestions:

1. Main format (2x a month)

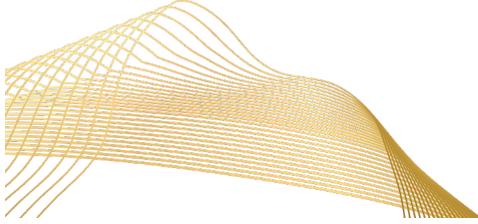
a. Name: “Awakening with ease”

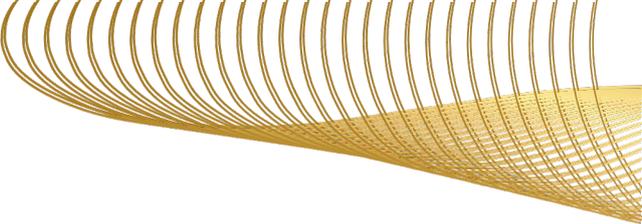
- #1 - “How nothing reveals everything” - Awakening with ease
- #1 - Awakening with ease - “How nothing reveals everything”

b. Purpose:

- Helping to clear most common misunderstandings
- Transform limiting beliefs
- Showing that awakening is easy

c. Structure:

- ~10 min Story
 - ~10 min Insight
 - ~1-5 min micro-experience
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2. Dialogue with renowned guests (1x a month)

a. Name: “Stillness conversations”



b. Purpose:

- Bridging Frank’s work with common concepts & speakers

c. Structure:

- Relaxed conversations about a certain topic or without any clear goal, just listening to “what stillness has to say”

3. Q&A & Stories of clients (1x a month)

a. Name: “Echoes from you”



b. Purpose:

- Answering Questions from community > increasing interactivity
- + Showing what’s possible (stories)

c. Structure:

- 5 min Begin with a story
 - 20 min Q&A (including more stories if appropriate)
 - Moments of stillness – “Where all questions subside” (Ending with a gentle gong sound)
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