

# Life is Easy

## Introduction

- \* Are you finding life to be easy and simple ?
- \* Are you having fun, all the time, every day ?
- \* Are you living life to the fullest ?
- \* Are you living your dream life ?

If the answer to any of the above questions is "No", then please read on. Life is meant to be easy and we can see this in nature. If your life is not easy then there is something not quite right and it is upto you to make the necessary changes to make your life easy. It does not matter what your background is or how old you are or what your life circumstances are. What you need to realise is, that you have the power within you to transform your life and take it to a whole new level. The real challenge is that most of us do not know where to start and what the steps are. Once you understand these steps you could breakthrough challenges in any area of your life whether it be your Health, Relationships, Finances, Career or Spiritual & Emotional Growth. You will discover that life is indeed easy and simple.

## What is the workshop about ?

The "Life is Easy" workshop is a full one day workshop that will help you understand yourself and attain Self Awareness. We will share ideas, concepts and thoughts that will help you to make your life simple, easy and beautiful. Life is meant to be a work of art and not a chore.

## What will you learn at the workshop

- \* The universal law of giving and receiving
- \* Your perception of the world
- \* What is the true meaning of reality
- \* Mind Body connection
- \* The art of being disciplined
- \* The power of forgiveness
- \* Get the opportunity to do Self Introspection and the tools to be able to do this on a regular basis.
- \* Understand what your core values are and what you stand for in life. The most important aspects of your life will become apparent to you.

## Content

- \* Journey of Life - The big picture
- \* Living by your values
- \* Law of Giving & Receiving
- \* Map of the world - No Inherent meaning - Paradigm
- \* Physical Fitness - Body Training
- \* Detached Attachment
- \* Discipline
- \* Contribution / Legacy
- \* Challenges Vs. Problems
- \* Forgiveness
- \* Recipe for success

## Outcomes

- \* Be able to help others in a genuine way
- \* You help others to get what they want in order to get what you want
- \* Live life in a manner that is congruent to your core values
- \* Understand the true nature of reality and your relationship with the world around you
- \* Become aware of the connection between the mind and body
- \* Become more disciplined in order to achieve your goals
- \* Be able to forgive others
- \* Look at challenges in life as opportunities for growth
- \* Understanding the power of legacy and making the world a better place

## Who should attend this workshop ?

- \* Anyone wanting to create something of meaning out of their life
- \* Anyone wanting to know how to overcome challenges and adversity
- \* Anyone seeking to overcome stress, fear or anxiety
- \* Anyone wanting to dissolve rage, anger and resentment
- \* Anyone seeking to build self-worth and dissolve feelings of shame and guilt
- \* Anyone with health challenges
- \* Anyone wanting to have healthy relationships