

Journey of Life

Introduction

- * Are you enjoying every day ?
- * Are you living a life of Abundance ?
- * Are you living life to the fullest, relishing every moment ?
- * Are you living your dream life ?

If the answer to any of the above questions is “ No”, then please read on. In order to have a full and meaningful life we have to change the paradigms that we have been holding onto in the past. This is specially true of the paradigms that are related to the nature of our life. We sometimes take life all too seriously and this can have very grave negative impact on our health and well being. The key is to understand the true nature of life and live life in the moment. It does not matter what your background is or how old you are or what your life circumstances are. You can choose to change your view of life and with that transform your life to a totally new level. One of the most profound lessons that we can learn is that life is a journey and we have to enjoy every moment in this journey.

What is the workshop about ?

The “Journey of Life” workshop is a full one day workshop that will help you to change your paradigms and limiting beliefs that you hold with regard to the nature of life. We will provide you with insights and distinctions that will at once challenge you and help you to find lasting happiness, peace of mind and fulfillment.

What will you learn at the workshop

- * Understand the laws of the universe and learn to harness it for your benefit
- * Understand the power of the sub conscious mind
- * Develop the risk taking muscle
- * The power of positive thinking
- * Learning the power of celebration and reward
- * Discover the true freedom that comes with wisdom and understanding of the truth of life
- * 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 Least Effort / Vibration / Resonance / In flow
- * Sub Conscious Mind
- * Abundance
- * Self Responsibility - At Cause / Effect
- * Risk
- * Positive Thinking
- * Reward Yourself / Celebrate
- * Laughter
- * Freedom
- * Recipe for success

Outcomes

- * Understand the nature of life
- * Harness the power of nature to expand your life
- * Become congruent with the laws of nature in order to lead a fulfilled life
- * Be able to use the power of your subconscious mind
- * Take responsibility for everything that happens to you
- * Be able to unleash the power of your full potential
- * Be able to take risks without any fear
- * Look at everything that happens to you in a positive manner and learn from it
- * Be able to not take life too seriously and be able to laugh at life

Who should attend this workshop ?

- * Anyone wanting to attain lasting happiness, peace of mind and true fulfillment
- * 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 be in resonance with the universe and in flow
- * Anyone wanting to dissolve rage, anger and resentment
- * Anyone seeking to build self-worth and dissolve feelings of shame and guilt