

## Follow your Hearts Desire Deliberate Creation & Practical Change

Understand why 'wanting something to happen' doesn't always lead to 'making it happen', and why you can struggle to manifest brilliant plans, projects, and intentions for personal change. Become empowered to make practical positive changes in life, see your plans to fruition, and create more beautiful & satisfying experiences.

This course explores the Law of Attraction and universal principles of manifestation, how these influence the way your life unfolds, and how to align with these principles to improve the success of your endeavours.

You will also learn how to create practical change with effective goals & planning strategies, and ways to focus energy into your intentions to encourage their positive unfolding.



Whatever you desire to change about your life or create in your future, you will be more empowered by understanding how you create your experiences and by learning how to be more deliberate and consciously involved in this creation process.

You may simply want to have more nourishing and pleasurable life experiences in general, or you may wish to make specific improvements in your habits & routines, open up a new career path, succeed with a project, or plan a desired activity.

Your energetic and practical relationship with that intention will define whether you can allow it into your life and what shape it can take if it does manifest. This course teaches how you can improve beliefs & perceptions associated with the experiences you wish to create, so you can allow them to take shape in ways that align with your vision and heart's desire.

### **Session content:**

- how you create your life experience; how energy field dynamics and personal patterns influence the creative flow
- the nature of resistance; what prevents you from turning a desire into a reality; ways to explore and release resistance patterns
- the Law of Attraction and other principles of manifestation; working with your creative flow rather than struggling against it
- taking a practical approach to making things happen; setting clear, functional goals & intentions; effective planning for change; identifying and preparing for potential obstacles & challenges
- practices for improving your 'attraction energy' in general and opening yourself to more nourishing and satisfying life experiences
- techniques to help focus supportive energy into your intentions and encourage the manifestation of your desired outcomes
- a personal exploration journey into your own relationship with money to discover the beliefs and perceptions which affect your ability to experience financial sufficiency
- a guided meditation to explore and open the nourishing creative flow in support of a personal intention, goal or desire you'd like to manifest

### **Course details:**

#### **Date**

Saturday 26 November 2016

#### **Time**

10 am – 6 pm

#### **Location**

Blackwood, Vic

#### **Fees**

One-day **\$150**

#### *Payment Options*

*You can book your place by paying the **full amount** or a **deposit of \$50** (with the balance due a week before the course begins, if paying through the website, or on the morning of the session if paying in cash).*