

Self Empowerment

1 Day – 3 Topics

1st Criticism - How do you Respond to Criticism?

Finding out how you react and why you react to certain words. Is there a way that will empower and not weigh you down? You do have the power to change something that could be deemed as harmful to yourself.

2nd Ego - Learning about the Pure Ego & the Ego.

How to recognize and understand what the ego is? Is your Ego out of control? Maree will show you steps on how to reduce the size of your ego which allows more space for your soul and spirit, with a side effect of having more personal energy.

3rd Energies - Recognising, holding and transmuting energies for the good of yourself and others. How do I distinguish between sinister & light energies? How can I stay more in control of my own energy?

Goal and objectives

- ♥ To have quality Energy
- ♥ Own our reactions
- ♥ Understand our reactions
- ♥ So in turn we will understand ourselves
- ♥ Able to stay in a calmer state more often

23rd February 2014

Cost: \$89 9am – 4.30pm

Venue:

31 Reynolds Road,

Havelock North.

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Booking is required to receive the booklet.

Invest in Yourself

- ♥ Be more in control in who you are and who you are becoming
- ♥ Tools and techniques that can be used for today and tomorrow which will
- ♥ Promote happiness and peacefulness.
- ♥ Do you have a vision of being a better person, but don't have the time to read 10 books.
- ♥ To be at peace on the inside, with a sense of contentment.
- ♥ Bad experiences can be triggered in the future by senses and memories understand these.

You will learn on this Self Empowerment Course how to release the inner negative energies so they don't cause continued pain and suffering.

"Invest and study you"

Well said by Entrepreneur

Mike Handcock

One Person Does Make a Difference