

# Living Consciously Transformational Program

www.gotocoach.net | (503) 762-3118 | P.O. Box 465 NE 181st, Box 246 | Portland Oregon | 97230

## Empowering Men & Women To Live Consciously

### Live Consciously Your Souls Journey

#### Living Consciously Transformation Intensive - Support Group III:

In this group you will access your internal mentor and true nature animal guide(s) found in the Self-Knowledge is Self-Power teleclass.

The purpose of this group is to activate your support. You are here to see the path of your design. It is a simple task for us to hold you in your Highest Light. We will hold you up until you can stand on your own for your Highest Good.

From GreenMountain Enrichment and Empowerment Center:

- \* Easy access by phone, save money, time and energy by using your home or work phone. Keeping it Green!
- \* Groups are small with only 3-5 people per group.
- \* 2-weeks (1-hour each) with a Living Consciously Transformational trained coach moderating the bi-weekly support group.
- \* 2-weeks (30-minute each) with Karen Monteverdi, CPC intensive one-on-one coaching session.
- \* Use your planning session and ideal self image to cultivate the personality traits that will serve your highest good.
- \* You will retrain your brain by using experience and discussing that experience.
- \* In the coaching sessions you will become intimately aware of areas in your life where you are not holding yourself in your highest light, we stand for you to let them go, you will choose based on what is best, good and right for you in your own eyes.
- \* We will teach you the skill of standing for your highest good at all times.
- \* Class transcript either via e-mail or down loadable mp3 which you access through your private client log in.

What you get from the others in your group:

- \* Be inspired and inspire others through effective action plans.
- \* You get reality checks, and perspective checks by others who support you in your highest light.

See website for complete disclaimers:

There is no long term obligation, and each month you subscribe to the group if you like or you can purchase several months at a time.

Free informational call (503) 762-3118

Register online:

<http://tinyurl.com/6m7l772>

Total monthly investment: \$ 100.00 USD

### Mind Centered Work

With the concept of your powerful mentors and guides you use your mental pictures to keep you on your path of inspired corrective action. Each action you take is in line with your Souls Journey.

You receive weekly support and one-on-one coaching sessions to overcome the ego's need to be in control.

### Body Centered Work

Continue to use guided meditation for conscious body awareness. Allow your body to become a powerful instrument for health and wellbeing.

Rebuild your body through positive mental rehearsal.

### Spiritual Centered Work

Stay connected to your souls journey through powerful exercises. Use levels of insight to stay in constant contact with your souls highest light. Create harmony in all actions and thoughts for success.

