

Living Consciously Transformational Program

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Empowering Men & Women To Live Consciously



Intensive Living Consciously Transformational program is designed to challenge what you know about life. During this program you uncover your authentic self by letting go of self-sabotaging behaviors, beliefs and create a life that supports you.

You have heard stories throughout your life of great heroism, people who have overcome their past and had a profound impact on the world, while you are standing by waiting for something to engage you. Somewhere inside you know there is a better life.

How many times have you looked at your life, found it lacking, and then but put your head right back down and trotted on with the same old routine? You do have a choice. One that supports you and the life you already have.

Come to our teleclasses and/or live seminars to discover the powerful aspects of the Living Consciously Transformational Program. We stand for you to find your own truth as you awaken to the simplicity of life.

Welcome to the exploration of the self-actualized being you always knew you could be.

- Living Consciously classes for those who want to engage in effective introspective work. "Illuminating The Dark Corners Of Your Bright Ideas"™.
- Living Consciously Transformational Classes available monthly. Classes are affordable.
- Serving the public through The Living Consciously Transformational Program, which is a productive exploration into the inner world.
- Navigate through the challenges of daily life by designing your Personal Life Manual.

Signature Program

-Self-Knowledge Is Self-Power
Living Consciously
Transformational Classes

- You Are Not Your Past
- Parenting Your Inner Child
- Being your Adults ideal self's Parent
- Feeling vs. Emotion
- Realizing Your Values
- Forgiveness
- Experiential Evidence
- Words Create Your Reality
- Break the addiction of Hate & Fear
- Action Based, Forward Focus
- Retrain The Brain
- Activating Your Support
- Communicating What You Want
- Create A Powerful Life
- Being Your Own Best Friend
- Emotions Are Tools
- Laws of Conscious Living

Mind Centered Work

Discover success:

- Thought Patterns
- Body Centered Meditation
- Conscious Awareness
- Purpose Orientation
- Action Oriented Plan
- Bench Marking
- Accountability
- Response - Able
- Authenticity
- Self Support Mechanisms

Body Centered Work

Discover Body IQ:

- Guided Relaxation
- Conscious Body Awareness
- Hidden Messages
- Learn The Language
- Body Intelligence
- Stored Emotions
- Trust Your Body

Spiritual Centered Work

- Your higher purpose
- Getting into the "Zone"
- Authentic abundance
- Safely explore your True nature
- What is your highest Light?

Infinite wisdom you have always had available.