

Conscious Living

Presentation for 2012 Workshop

Lake Night College





AIM

To embrace both modern day science and the mysteries of sacred wisdom and present a program that allows for a mainstream presentation that invites, encourages and supports participants to experience themselves in a way that may prove beneficial to the improvement of their every-day lives.

This program has been developed with much passion and enthusiasm for humanity. It is offered in support of the shift in consciousness that is needed to support peoples quest for eternal peace and unconditional love.

“Please be responsible
for the energy you
bring to this space”



- Dr Jan Bolty Taylor

Responsibility

Responsibility in relation to the course content is:

***The ability to be able to respond
with conscious awareness in all moments***





FOCUS

The main focus of this workshop is to encourage and support participants to become more consciously aware of themselves.

This awareness will allow them to move into Self Responsibility.

The concept of Self Responsibility allows individuals to take charge of themselves and their lives, thus working from cause, when previously they have been working from effect.

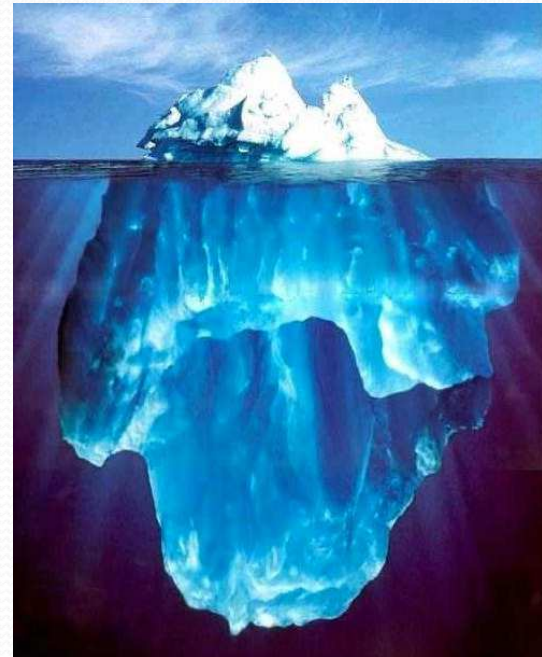
When individuals integrate concepts of Self Responsibility they are able to reclaim themselves through Self Empowerment.

This 8 week program is designed to unfold in a progressive format so that participants are able to grasp concepts and theories and work towards making them practical steps in their every day lives.

This supports and encourages sustainable change in manageable increments.

Over the 8 week program the following areas will be covered

- ❖ Overview of Conscious Living
- ❖ What is Awareness
- ❖ How can heightened Self Awareness be achieved?
- ❖ Understanding Responsibility of Self
- ❖ Understanding Self Empowerment
- ❖ Energy Goes Where Thought Flows
- ❖ Being Present
- ❖ The Authentic Self
- ❖ Maintaining Integrity
- ❖ Reaction Vs Response
- ❖ Mindfulness
- ❖ Feeling Vs Thinking
- ❖ Creating Healthy Boundaries





Outcome

Participants will have:

- A greater understanding of Self Awareness, Self Responsibility, Self Empowerment
- Understanding of choice of Self in ALL moments
- Tools to be able to make sustainable change to their every-day-life
- First hand experience within a supportive group environment that encourages new insights and developments

Format of Presentation

- ❖ Workshop
- ❖ Facilitation style presentation
- ❖ Participants will be encouraged to be active in discussions and practical activities.
- ❖ “Growth Work” will be offered at the conclusion of each week to take home and work on during the week to allow for integration of the evenings work. This supports better understanding and practical application into every day life for participants.

