

INTRODUCTORY COURSE IN SELF AWARENESS

FULLY SUPPORTED AND DIPLOMA ACCREDITED BY M.S.E.C.
(The Metaphysical Society for the Expansion of Consciousness)

This course is required for ongoing training that can lead to a Metaphysical Counselling/Facilitator Diploma.

If you are fairly new to metaphysical and spiritual principles or just want a brief overview of the subject before deciding whether to go further, this course will provide you with answers to the following questions:-

- WHO AM I?
- WHAT IS THE NATURE OF THE UNIVERSE?
- WHY ARE WE HERE?
- WHY DOES SUFFERING OCCUR?
- IS THERE A PLAN FOR EACH OF US?
- IS THERE A REASON FOR THE EVENTS IN OUR LIVES?
- WHY ARE MY AFFIRMATIONS NOT WORKING
- CAN WE CHANGE OUR EXPERIENCES AND REACTIONS TO PEOPLE & SITUATIONS

Perhaps a relationship or illness reaches crisis point and we realise that what we have been doing before no longer works for us – and we need help! So we start looking for another way to cope

WORKSHOP 1 - INTRO TO MAIN PRINCIPLES OF METAPHYSICS
- LAWS OF ATTRACTION & REFLECTION
- UNDERSTANDING THE LINK BETWEEN EXPERIENCE AND BELIEFS

WORKSHOP 2 - LAW OF CAUSE AND EFFECT
- AFFIRMATIONS HOW THEY WORK
- THEIR DEEPER PURPOSE AND RESISTANCE BELIEFS

WORKSHOP 3 - USING RESISTANCE BELIEFS TO TAKE US DEEPER INTO SPIRITUAL TRUTH

WORKSHOP 4 - THE SPIRITUAL PURPOSE OF RELATIONSHIPS
- UNCOVERING THE SPIRITUAL LESSONS BENEATH EMOTIONS

WORKSHOP 5 - SPIRITUAL TRUTHS TO INCREASE AWARENESS

WORKSHOP 6 - FINDING ANSWERS & DIRECTION THROUGH INNER GUIDANCE
- DISCOVERING OUR LIFE'S DIRECTION

This short course of 6 x 2 ½ hour workshops will be held in Harpenden with a maximum of 4 attendees

£180 for the complete course