



## **Change Your Life. Today.**

**With Megan Williams**

You can change your life in powerful and congruent ways with small shifts in your thinking. One of the most effective ways to do this is to spend a focussed weekend of introspection and grounding - to steer your life in a direction that is congruent with your higher self and set up your neurology to propel your energy in that direction.

This course will have you walking in both worlds, as you pull down your vision from higher self and ground it in the material world with goals and actions steps supported by your best thinking!

This is an experiential course in working with your higher self to determine a personal vision, set goals and identify and remove blocks and self sabotage mechanisms that have held you back in the past.

During this weekend, you will learn a range of life skills you an access for a lifetime as you evolve in your life path. These include; higher self meditations, self-enquiry exercises, journaling and Neurolinguistic Programming exercises (to reprogramme your neurology to access a greater range of opportunities and emotional states).

### **In particular, you will:**

- Journey with your higher self to bring in information on your life purpose.
- Ground this life purpose information by developing a vision and goals.
- Identify limiting aspects of your identity and beliefs that may not support your vision; and reset these aspects of your neurology with NLP.
- Identify and remove fears and negative emotions that play silently in your unconscious mind.

### **About Megan:**

Megan is a Channel, Life Coach, qualified Counsellor and Master NLP Practitioner who is committed to helping people to find their power and life purpose. She is the founder of the Reading Room and works with people one-on-one and in groups to facilitate personal change and growth.

**Time:** 9.30 to 4pm, 4<sup>th</sup> & 5<sup>th</sup> February 2012

**Place:** TBA

**Fee:** \$295.

Further information can be obtained by emailing Megan at [megan@thereadingroom.biz](mailto:megan@thereadingroom.biz). Places are limited to five for this course.