

HOLISTIC HAPPINESS WORKSHOPS

Emotional Mastery Series

To commit to a series of powerful life changing inner adventures, you will never be the same again.....and nor would you want to be.



The journey will be special to you and your needs according to what your body, mind and heart releases and replaces spontaneously within you whether it is

From depression to joy
From loneliness to connection
From anger to passion
From fear to self confidence
From apathy to motivation
From lethargy to meaning and purpose
Or Other Emotional milestones realised.....

For more information or to book a 12 month series go to booking page on website
or email Cecilia@holisticliving.com.au or phone 03 95436000

The most important ingredients in these workshops are empathy, nurturing, validation and a genuine interest in helping you to achieve your goals

These workshops are NOT

- Lectures to listen to
- Entertainment to view
- Passive

They are.....

- ✓ adventures for You
- ✓ to experience holistically with mind, body and emotions
- ✓ to interact
- ✓ to reconnect
- ✓ to uncover the inner you
- ✓ to uncover your greater potential
- ✓ to feel alive
- ✓ to thrive
- ✓ not just survive

There are 5 key focuses in this series that can be done in any order. Each individual will unleash and embrace what ever growth and at what ever pace is conducive to their emotional life.

Every one of these workshops consists of

- ❖ Setting a goal clarifying what you are wanting in your life right now
- ❖ Foundation processes
- ❖ New processes particularly designed for that workshop.
- ❖ Promotes self love which in turns promotes good relationships, health and wellbeing.



Every one of these workshop will allow you to connect specifically with what you need in your life right now.

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Every one of these workshops will provide you with an opportunity to explore a key aspect of our own universal humanness while attending to your individual potential for growth

In each workshop the wisdom of the unconscious mind will allow this emotional ASPECT to come forth as you are provided with an emotionally nurturing, respectful and open environment.

The healing and empowerment that takes place is not mysterious, though it appears to be.

We have become so unused to the simple power of feeling, expressing and being holistically present to the POWER OF NOW in our mind, body and emotions.

Important; Please note

These workshops are for the functioning average person who knows they can feel more alive and achieve more in their life and is prepared to take responsibility for that.

They are not for the treatment of mental illness, addiction or replace counselling.

You will be required to complete a 'Self Advancement Agreement' when you enrol ensuring that you take full responsibility for your personal wellbeing before or after the workshop to continue to support yourself.

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| Workshops Title | Aspect |
|--|--|
| Liberating the Inner Child | Relationship with Self |
| Inner Child Healing | Fear to Trust |
| Valuing the Inner child And Facing the Fire | Self Restriction to Self worth Owning Anger to Passion Purpose and Life Direction |
| Releasing the wonder child | Self Limitation to Self Expression and Manifesting |
| Emotional Mastery for R.E.A.L. Relationships | Projection to Connection |

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For more details on each individual workshop please go to the relevant workshop page on the website.

Allow each adventure to move you at your own pace to emotional self reliance and self love.

These are the foundations for making your dreams come true.

They all consist of guiding and directing our progressive emotional maturity that brings **wisdom** to our mental capacity and **joy** to our physical and emotional lives.

Each workshop in this series step by step **deepens** awareness and mature emotional responses for day to day living.

These workshop experiences provide the following

- ✓ Education of the concepts of the inner child and adult aspect
- ✓ Emotionally connecting to parenting the inner child
- ✓ Emotionally supporting the inner child actively and lovingly
- ✓ Emotional release of the wonder child
- ✓ Emotional release of the wounded child
- ✓ Expression of compassion towards self and others
- ✓ Experiences that heal
- ✓ Take you beyond the inner child to connecting to your higher self, the wise adult within you

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Inner child personal development consists of

- ✚ Intellectual awareness
 - Followed by
 - Deep emotional connection and awareness
 - Followed by
 - Consistent release of old unwanted emotional energy
 - Followed by
 - Replacement with nurturing loving supportive emotional energy

Different people will take different times to connect and embrace their inner child

- ✚ The child is introduced to the positive adult and often needs to be reintroduced before the inner connection becomes a true inner bond
- ✚ The negative adult must be encouraged to take a nap so the positive adult can do its work.
- ✚ These workshops are really parenting workshops where we actively practice self love in the deepest sense. Learning how to do that is key.

“All abundance arises from our ability to love ourselves”

- ✚ The inner child is eventually supported on a day to day basis through deep motivation as these practices are normalised

Participants ; work at your own pace and do as many or as little of each workshop as you feel the need to according to what you are wanting to achieve from life right now.

This can give us the power to

- ✓ Save our relationships and take them from surviving to thriving
- ✓ Save our health including our fitness levels
- ✓ Save ourselves from our own 'negative adult' that can sabotage our happiness for example
 - by procrastinating on things we know are great for us to do
 - allow us to 'act' out and mess up our lives and the lives of those we love
 - stopping us from achieving our goals and lifers purpose

Be the change you want in the world!

It starts with self love and then follows liberation!

Note: This is not recommended for those currently involved in addictive behaviours such as substance users. Check with your doctor as to your physical readiness to experience the acknowledgement and release of emotions some of which maybe quite painful initially as new emotions of joy and trust are unleashed and beginning to be established with new supportive boundaries.

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