

*Release your potential*

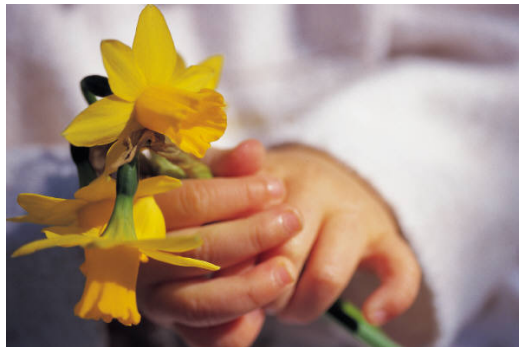
**for experiencing and expressing joy, love, laughter  
and creativity.**

**Would you like to connect to more joy in your life?**

**Do you enjoy your own company?**

**Are you excited about your life?**

**Do you feel comfortable expressing yourself freely?**



*.....Many of us today are struggling to find TRUE DEEP JOY in our day to day existence yet our potential for joy is insurmountable!!*

*This workshop will assist you to get in touch with the 'joy resistance' in your body's emotional barometer so you raise the temperature on happiness, excitement, wonder, playfulness and creativity without antidepressants, without depending on someone else, without .....*

**The pathway to joy is releasing the resistance.**

The resistance to self expression can come from many emotions but the predominant one is shame.

Book online or for Information and offline bookings  
call or email HLT Administration on  
[Cecilia@holisticliving.com.au](mailto:Cecilia@holisticliving.com.au) or 03 95436000

Healthy shame has its place, but 'toxic shame' does not belong in the hearts of functioning human beings.

Despite this it is evident throughout our culture that the seeds of toxic shame are present and limiting millions of people's potential for jumping into a fun filled life without dependence on artificial forces.

In this workshop we address the feelings that need healing that come up for each individual as well as placing a particular focus on the feelings of toxic

### **Self consciousness and Embarrassment**

**Give the child in you a chance to be free and be heard.**

**If you can relate to any of this then you are not alone.**

**More people than not have great difficulty expressing the real person inside. The little person in you needs validation, support, healing and permission from deep within.**

**Healing the 'shame' that confines the wonder child opens YOUR heart!**

**When you open your heart you open up to greater satisfaction in relationships, in what you are manifesting in your life and in your own sense of fulfilment and inner peace!**

**It CAN also OPEN AMAZING POSSIBILITIES THAT CAN REVERBERATE LIKE THE RIPPLES AROUND A PEBBLE THROWN INTO A STILL LAKE OF WATER!**

**OPEN TO RELEASING YOUR GREATER POTENTIAL!**

**We look forward to you joining us for one evening and one day in Mount Waverley – see the calendar for the next wonder child dates!**

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