

Intentional Living...Conscious Choices

*What lies behind us and what lies before us
Are tiny matters, to what lies within us. ~Ralph Waldo Emerson*

We live in a fast paced world in which we pay more attention to the final destination than to the process of getting there. The same is true for our own lives. We spend our time in frantic efforts to be busy doing, that we miss being present to the process. It is when we are able to balance what we are doing with attention to our being, that we find greater meaning and purpose in life. Intentional living requires purposeful attention to our thinking so that we can make conscious choices to move beyond our self made limits and open to the infinite possibilities that life offers. This workshop will:

- ✚ Explain how living consciously requires slowing the mind in order to access a deeper spiritual level in which you are able to listen to your own voice of wisdom.
- ✚ Explore how our own connection to spirit opens us to new perspectives about who we are as human beings and how we can begin to live into our purpose.
- ✚ Help participants recognize the beliefs and values that prohibit and limit moving forward and identify new patterns that will help attain desired dreams.
- ✚ Create an inner space where you can live with intention and make choices for yourself that are in alignment with who you are and what you want for your life.

Tuesday's: October 14th, 21st, and 28th \$75.00 Time: 9:00 – 11:00 AM
Workshop Leader: Sandy Thibault

Place: Burnsville Counseling and Healing Center
17305 Cedar Avenue Suite 230
Lakeville, MN 55044
Phone: 952-435-4144 Website: www.counselingandhealing.com

Please complete the lower half of this sheet and return to the above address.
Registration can be completed by phone (952-435-4144) if you are paying by credit card.

Intentional Living – Conscious Choices

Name: _____

Address _____

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Phone _____ Email _____

Check here to receive e-mail information and personal growth helps.

I am paying in cash or check Make Checks for \$75.00 Payable to Burnsville Counseling and Healing Center

Visa MC Am. Ex Discover (circle one) Card # _____ for \$75.00

Expiration Date: _____

Signature: _____