

# The Positive Energy Club



Sandy Hinden



Positive Living Using More of Your Potential

# The Positive Energy Club

## Welcome

Dear Friend,

We live in a world in need of positive energy. We need more positive media, we need positive friends, and we need to be positive inside ourselves each day, to stay on track to a good life.

The Positive Energy Club is here to assist you, help you develop, and help you use your great potential in a positive way.

Please see the features and benefits of The Positive Energy Club. I hope you will join us, and if you can, think about giving a Gift Membership to someone who could benefit from more positive energy, relationships and opportunities.

Positive energy to you,  
Sandy Hinden  
The Positive Energy Club

**Positive Living Using More of Your Potential**

# The Positive Energy Club

Fulfilling More of Your Potential

Like the acorn, there is  
vast creative potential inside  
you that can develop with the right  
guidance and educational resources.

With these you can fulfill more  
of your great potential.

Sandy Hinden





# The Positive Energy Club



**Positive  
Self**



**Positive  
Relationships**



**Positive  
World**

**Positive Living Using More of Your Potential**

# The Positive Energy Club

## The 5 Features

1. Personal Coaching
2. 24/7 Access to Workshop Materials
3. Monthly Newsletter
4. Monthly Teleconference
5. Creative Connections



# **The Positive Energy Club**

## **The 7 Benefits**



- 1. Love and Appreciate Yourself More**
- 2. Live a Healthier, Happier Life**
- 3. Fulfill More of Your Potential**
- 4. Feel More Fulfilled and Satisfied**
- 5. Feel More Confident Relating to People**
- 6. Develop Healthy, Loving Relationships**
- 7. Understand How to Create a Positive World**

# The Positive Energy Club

## 24/7 Access to Great Workshop Materials



### Positive Self

- Daily Self-Nurturance, Self-Appreciation, Self-Love & Self-Care
- Enjoy Living Consciously & Compassionately Each Day
- Stop Blocking Your Potential, While Enjoying Your Life More
- Positive Habit Change to Improve Your Life
- Meditation for Inner-Peace, Health & Happiness
- Listen To and Gain From Your Inner Wisdom
- Meaningful, Purposeful Living



### Positive Relationships

- Compassionate Communication for Effective Relationships
- Healthy Relationship & Healthy Sex
- Personal & Couples Coaching for Healthy Relationships
- Parent or Teen Communication Skills
- The Power of Nurturance
- Understanding How to Create Work You Really Enjoy
- Team Communication Skills
- Creating A Community Conversation Club



### Positive World

- Economics for a Healthy Planet
- Commonwealth for Earth & Humanity
- The Conscious Global Problem-Solving Program
- The Earth Solutions Project
- Economic Justice
- Creating Gender Peace
- The Dynamic Power of C5 Groups

# The Positive Energy Club

## Membership



To become a Member of  
The Positive Energy Club:

- 1 Click the membership category to provide your name and email address for the Positive Energy Newsletter and 24/7 access to workshop materials and free teleconferences.
- 2 Then join through PayPal or by Credit or Debit Card.





# The Positive Energy Club

## Annual Membership

**Ready**

**\$25**

Learning  
Exploring  
Enjoying

[I Want to Join](#)

**Willing**

**\$50**

Growing  
Developing  
Transforming

[I Want to Join](#)

**Able**

**\$100**

Creating  
Collaborating  
Generating

[I Want to Join](#)

[Join through PayPal or by Card](#)

# The Positive Energy Club

## Gift Membership



To give a Gift Membership  
to The Positive Energy Club:

- 1 Click the membership category to provide the person's name and email address for the Positive Energy Newsletter and 24/7 access to workshop materials and free teleconferences.
- 2 Then join through PayPal or by Credit or Debit Card.



# The Positive Energy Club

## Gift Membership

**Ready**

**\$25**

Learning  
Exploring  
Enjoying

[Gift Membership](#)

**Willing**

**\$50**

Growing  
Developing  
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[Gift Membership](#)

**Able**

**\$100**

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[Gift Membership](#)

[Make Your Gift Membership through PayPal or by Card](#)

# The Positive Energy Club

## Positive Pause for Peace



We all have five types of brain waves.

Delta (sleep), Theta (waking), Alpha (calm, peaceful, relaxed, reflective, meditative, mindful, appreciative), Beta (active thinking, working, problem-solving) and Gamma (learning).

When we go on *Beta Overload* we go into a stressful state.

Instead, we can take an

*Alphawave Break*

by touching our heart to create a

*Positive Peace Pause.*


When we do this a few times a day, we can

*Be the Peace We Want to See in the World.*

We can touch our heart to create a *Positive Peace Pause* any time we need to feel better.

# The Positive Energy Club

Take a Positive Peace Pause



POSITIVE  
PEACE  
PAUSE

# The Positive Energy Club

## Positive Energy Abundance Affirmations

Being a Member in the Positive Energy Club  
I develop my practice of Positive Energy Abundance.



I meditate and allow myself  
to return to inner peace, love, positivity,  
gratitude, happiness and inner wisdom each day.



I see with eyes of simplicity and appreciation,  
noticing the Abundance of Life within  
and around me each day.



I see Abundance in my efforts and lessons learned.  
I enjoy a happier, more peaceful, fulfilling and satisfying life.

# The Positive Energy Club

## Positive Energy Abundance Affirmations



In the  
Positive Energy Club  
I develop my imagination, my creativity,  
my ability to think and act constructively,  
and I use more and more of  
my great potential.

# The Positive Energy Club



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