

EXPAND

Radically improve your confidence by attending this inspiring community gathering

**18-20 November 2022 - Ku-ring-gai Wildflower Garden
420 Mona Vale Rd St Ives NSW - From \$375**

EXPERIENCE A 3-DAY IMMERSION INTO THE LIGHT OF YOUR TRUE NATURE FOR ALL AGES. IT'S NEVER TOO EARLY OR TOO LATE TO EXPAND



**The internal light that is your true nature is meant to EXPAND as you grow
As it expands it touches others helping them grow into their true nature**

- Create change in your life
- Speak your truth
- Live with more joy and purpose
- Bounce right back from rejections and disappointments
- Move beyond blame, shame and woundedness
- Show up to live more vibrantly
- Make choices without needing the approval of others
- Let go of people, stuff, and negative thoughts that keep you stuck
- Recognise your many soul mates
- Stop criticising yourself for being you

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RECOGNISE YOUR LIGHT

- Know who you truly are at your core
- Identify your character strengths and values
- Recognise each strength has a weakness; that you are perfectly imperfect
- Recognise the difference between the masks you wear and who you truly are
- Find the stories that tell of your courageous journey so far
- Appreciate how your wildly emotions are simply your true nature showing up

DAY ONE

PROTECT YOUR LIGHT

- Understand the nature of your ego and its multi-dimensions
- Recognise and take responsibility for your triggers
- Develop ways to 'act' rather than 'react' to triggers
- Work with the shadow of your light
- Develop approaches to be kind to yourself whilst you are growing
- Understand that there is no good or bad - just experiences to help you grow.

DAY TWO

FOLLOW YOUR LIGHT

- Assemble the puzzle pieces of your journey so far to connect to your purpose
- Identify and find more time for the things in life that bring you joy (light)
- Practice 'saying no' when your boundaries are crossed
- Identify ways to reconnect when you get lost on your path
- Recognise the soulmates that enter to support your growth
- Connect with a community with similar passions to you
- Make a pledge to follow your light and show up!

DAY THREE

MOVEMENT - ART - MUSIC - NATURE