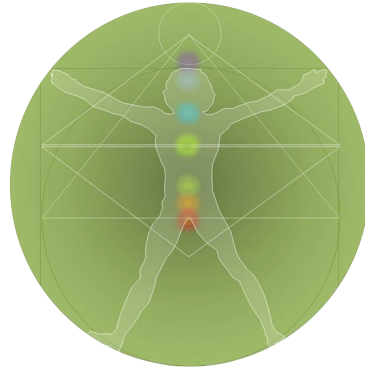




THE "I MATTER"



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Conscious Living requires opening your heart and being present for the expression of your Soul to emerge. Choosing and designing your life requires self evaluation, consistent effort and thoughtful intention. Some of the most profound experiences come when you make a *conscious decision* to think your life into being. Within a focused supportive environment, you will be guided to explore the hidden potential of your soul's expression.

This workshop provides methods for the exploration of the subconscious patterns of thoughts, emotions and behaviors that block one's wishes, hopes and dreams from manifesting. Participants will be guided through a process may assist in changing these hidden thoughts into positive creative expression. Join us on Saturday mornings and start your New Year with **INTENT and DIRECTION.**



SATURDAY MORNINGS

Apr 6, May 4, Jun 1, 2019

TIME: 10:00– noon

COST: \$75.00 (all 3 classes)

Teacher: Bridgit O'Sullivan, LPC.

Mail checks payable to:
CHEMAM Inc. @ Laughing Creek
250 Richmond Road, Richmond Hts, OH. 44143
Note class on memo line. 15% handling fee for all refunds.
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