

Natural Healing Express Weekly

Column Volume 54 Surviving to Thriving Part II

This week we'll ease into Part Two of our three part series on our upcoming workshop – Surviving to Thriving being held October 12th in Lena or October 13th in Galena. As you may recall, last week we chatted about how this seminar came about and generally what one can expect to accomplish from attending this workshop.

This week we'll go into more specifics, along with greater expectations including an agenda.

For the final part in our series, which will print after our workshop weekend, we'll discuss personal findings, feedback and include some ingredients for long term success and maintenance.

To bring us back up to speed on why this workshop was created, it might be easier to ask a few questions. If you are stuck in any area of life, if you want to get MORE out of your life, if you are going through a rough and painful part of your life, if you are just surviving life and not thriving how you would like, if you are tired of the way your life is currently moving or if you just want to have some fun and learn something, you should come to this workshop. That's why we're doing it. Let's Get Unstuck.

So here's our agenda.

Welcome: Why are we here? We are sick of just surviving. We want to be happy, thrive and need a true recipe for success. Learn to live in present moment.

How We Get There: Practicing Presence, Identifying Issues that Disturb Your Peace, acknowledging painful stories/thoughts that get in the way. Learn to Re-Perceive. Change your Thoughts, Change Your Life.

Working the Process: The P's of healing!

- 1) Practice Presence- coming back to the present moment. Explain why?
- 2) Identify things that disturb your Peace; Write down Past Painful stories
- 3) Practice Presence
- 4) Re-Perceive Past Painful stories
- 5) Practice Presence
- 6) Current Picture of Your Life; life Pie exercise
- 7) Practice Presence
- 8) Create Your New Life Picture

Lunch with Clean Cuisine Meal from Lisa Hanson

Individual work sessions

Recap

You will learn great tools and techniques not readily available in our area. You will meet like-minded people who can support you. You will trash some of your old negative beliefs. You will remove obstacles to success. You will have fun and enjoy and nutritious lunch by Lisa.

Some of the awareness tools that will be taught during the workshop are: learning how to re-perceive the issues that are bringing pain and causing suffering in your life, learning how to get fully present, and learning how to attract what you really want in life.

We all deserve a life filled with love and peace, it is time we rid ourselves of what is no longer serving us and claim our birthright of joy. Please make time to attend. It is not very often we are able to have someone as gifted as our Co Host Trent Blanchard in our area. Please take advantage of this workshop. If the cost of the workshop is holding you back, call me at the Lena store, I will work with you.

And, heck, if you can't come but know someone else who is stuck, go ahead and sponsor them; we have gift certificates available.

SURVIVING TO THRIVING WORKSHOP

Friday, October 12th from 9:30am to 2pm

Natural Healing Express, 204 West Main Street Lena, IL 61048

or

Saturday, October 13th from 9:30am to 2pm

Jamie's Wine Studio 112 N. Main Street, Galena, IL 61036

Cost of the workshop is \$99.00 per person, which includes a nutritious lunch by Lisa Hanson of Clean Cuisine & a Free Gift (at least a \$50.00 value) Space Is Limited!

Please RSVP via email at skscham@aol.com or call Natural Healing Express 815-990-8732

For more information on Trent and Susan, please visit **www.trentblanchard.com**
and **www.naturalhealingexpress.com**.

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

