

Would you like to:

Gain enthusiasm and direction in life?

Increase your chance of success and happiness?

Take greater control to create the life you want?



SHINE IN 2010

A Fun and Inspiring Day - Heart Visioning for Clarity, Motivation and Achievement

Presented by Nicholas de Castella

Saturday January 23rd



One of the keys to making the most of your life is being clear about what you want. If you are not clear then your energy is scattered and it is easy to find yourself putting in 50% effort and going along with whatever comes up, not necessarily paying attention to what is really important.

A remarkable fact of life is that when we develop a clear picture of what we want, we set a powerful force in motion that begins turning our vision into a reality. Clarity leads to power. A laser beam's power is created by the focusing of scattered light into a single beam. Similarly, as we get clear about what is important to us we are better able to focus our time and energy. Thus we become more productive. We also gain motivation and enthusiasm as we sow the seeds for creating a life by choice.

The 'Shine in 09' workshop Program Outline:

- Connecting with and opening our heart.
- Success principles from a heart intelligence perspective:
 - The difference between achieving from our head and heart.
 - Clearing the four main attitudes that block our successes.
 - Tips for being more successful.
 - How to use our hearts to manifest what we want.
- Clearing our energy system, release old, blocked energy and increase aliveness.
- Learning to listen to our bodies wisdom for guidance and inspiration.
- Accessing our hearts' intelligence to identify our hearts' desires for 2008.
- Exploring in depth ways to achieve these hearts desires.
- Putting quality energy into beginning to manifest what our desires .
- We create a 'Treasure Map' - is a pictorial representation of our hearts' desires.
- Enjoy heart sharing, meditations, dance and laughing.

When: Saturday 23rd pJanuary 9.30am - 5.00pm

Where: 'Hazeldell'. 220 Basin - Olinda Rd. The Basin.

(accommodation can be arranged for country folk)

Investment: \$127 per person (\$97 for groups of 2 or more)

Credit card payment available.



Bookings: By Phone (Credit Card only) on 9739 8889 Fax or Mail

LIMITED NUMBERS! BOOK NOW TO SECURE YOUR PLACE

Nicholas de Castella. Nicholas' passion is exploring human potential. In his youth he represented Australia four times in World Cross Country Running Championships. Originally trained as an architect, Nicholas has been teaching success principles for the last 20 years. Today he is a Director of The Institute of Heart Intelligence, Founding President of The Quantum Breathwork Association. Author of 'Keys To Emotional Mastery' and he has conducted workshops in Australia, New Zealand, USA, Canada, South Africa and England. He has a passionate marriage to his beautiful wife Susan. They have two young sons: Charles and Alexander.

Yes! I want to get the year off to a great start...

Shine in 09 Registration: Enclosed is my payment of \$ (cheques to Institute of Heart Intelligence)

Name Phone (H).....

Address P'code..... (W).....

Paying by (Tick One): Cheque Mastercard Visa Bankcard Other

Credit Card No. Expiry Date.....

Name on Card Signed

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