

## PROMOTING GROUP WORK AT YOUR PROGRAMS

BENEFITS	PRACTICALITY	VALUE	POSITIVE CHANGE	ENRICHMENT
<ul style="list-style-type: none"> <li>• Experiencing the real me</li> <li>• Discover how I hold myself back in all facets of life</li> </ul>	<ul style="list-style-type: none"> <li>• Be in the right place at right time</li> <li>• Know what I want and need</li> </ul>	<ul style="list-style-type: none"> <li>• Release fears</li> <li>• Be the real me</li> </ul>	<ul style="list-style-type: none"> <li>• More relaxed</li> <li>• Less pressure</li> <li>• More pleasure in my life experiences</li> </ul>	<ul style="list-style-type: none"> <li>• I can change my own energy</li> <li>• More fun</li> <li>• Improved relationships</li> </ul>
<ul style="list-style-type: none"> <li>• Provide opportunities for deep relaxation</li> <li>• Awareness of energy</li> <li>• Slow down so I can move fast</li> </ul>	<ul style="list-style-type: none"> <li>• Depth and richness of life beyond those surface, quick encounters</li> <li>• To know myself</li> </ul>	<ul style="list-style-type: none"> <li>• Go beyond the fears</li> <li>• Mastering the technique of living life</li> <li>• Time to go deeper for personal growth</li> </ul>	<ul style="list-style-type: none"> <li>• Healing self</li> <li>• Sharing with others</li> <li>• Light up my life</li> <li>• Patience with myself</li> </ul>	<ul style="list-style-type: none"> <li>• I need to experience my sensitivity to explore my wisdom</li> </ul>
<ul style="list-style-type: none"> <li>• Heal old ideas and concepts</li> </ul>	<ul style="list-style-type: none"> <li>• Heal myself</li> </ul>	<ul style="list-style-type: none"> <li>• New routines that enhance my life</li> </ul>	<ul style="list-style-type: none"> <li>• Make life worth living</li> </ul>	<ul style="list-style-type: none"> <li>• Clear path to where I am and where I am going</li> </ul>
<ul style="list-style-type: none"> <li>• Digging deeper into myself and my uniqueness</li> <li>• Understanding energy at a new and relaxed level</li> </ul>	<ul style="list-style-type: none"> <li>• Help me see things from a different view point</li> </ul>	<ul style="list-style-type: none"> <li>• To embrace the clear hearing I need</li> <li>• Enjoyment of the two worlds I live</li> </ul>	<ul style="list-style-type: none"> <li>• Noticing subtle positive changes in my energy</li> <li>• Enhancing my ability to hear</li> </ul>	<ul style="list-style-type: none"> <li>• Referring to them daily and using them</li> </ul>
<ul style="list-style-type: none"> <li>• Feeling the joy and wealth of love within myself</li> <li>• Respecting my energy</li> <li>• Pass on solutions to others</li> </ul>	<ul style="list-style-type: none"> <li>• Balance in my life and in my relationship with family and others</li> <li>• Sharing the rich chocolate of who I am</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen my sensitivity</li> <li>• Develop my patience</li> <li>• More supportive of myself and others</li> <li>• Willing to accept my 50% in all things</li> </ul>	<ul style="list-style-type: none"> <li>• More secure in any environment</li> <li>• Deepen my relationship with my Angels</li> <li>• Help me clarify my sensitivity</li> <li>• Help me allow more states of consciousness to grow</li> </ul>	<ul style="list-style-type: none"> <li>• Discernment of what is me and not me</li> <li>• Window to what I may walk into</li> <li>• Trusting myself and where I need to be</li> </ul>