

Be the Best YOU! In-House Course



Are you ready to move forward in your life and emerge from your cocoon? Are you tired of the chaos? Or, do you feel stuck with no forward movement?

If you are ready to expand and discover the authentic you register for this class now! You can only change yourself, no one else, to improve your life. We have to do the inner work to discover who we really are. Topics that will assist you to make the changes needed:

First month: 1. Clear the Clutter 2. Forgive and Forget?

Second month: 3. Excuses Be Gone! 4. Feeling the Gratitude!

Third month: 5. Self-Love 6. Resistance

Fourth month: 7. Mind, Body and Spirit Purification 8. Your Self-Talk

Fifth month: 9. Just Say No! 10. Know Yourself

Sixth month: 11. Choices 12. Moving Forward!!

Class details:

- Cost for this life changing course is \$165.00. We meet the second Saturday of each month from 10:00 – 12:00 p.m. for six months. Check our calendar for the next scheduled class by [clicking here](#). You must register to participate.
- You will receive inspirational email messages and/or journal/creative prompts each week pertaining to the specific topics for the month to encourage your self-discovery. Sharing your progress is always appreciated.
- A reward point system for completion of assignments each month (monitored by you) is offered to encourage steady progress.

- A follow-up coaching session after completion of the course is offered with Connie at the special price of \$40.00.
- Register by [clicking here](#). Payment with PayPal may be made on our web site. To pay with check or charge prior to the first class call Connie Bunting at 317-259-4599 or email info@ReikiCenterofIndiana.com.
- The location: 8902 Otis Avenue, S103A, Indianapolis, IN.

Items you will need for your inner journey:

- A journal to write in for the journal prompts and to note those important moments when clarity or wisdom is received. You may want to include the creative prompts in your journal as well.
- A pen that you prefer to write with. I enjoy writing with a pen that flows easily on the paper.
- For the simple creative prompts you will need paints, crayons, or markers. It is always your choice to use what works best for you.
- To keep your lessons organized you will receive a three ring notebook. This will make it easy to review when you have the need.

The following comments are from students that have completed this in-house course:

- This class has helped me to come to grips with my past and move beyond to know that there is truly light. The most positive experience: being able to forgive myself and others. Being able to make more positive choices.
- I was provided the space to stop and think about what will help in going forward. Teacher is fair, kind, generous, giving, thoughtful, and knowledgeable.
- A safe exploration of self and how to be appreciative of self and move forward in a more healthy way. Highly recommend! The most positive experience: Friendships made with class mates. Not only safe to explore inside; encouraged by all to grow and continue.
- You will learn how to work through issues/problems, as well as gain confidence and a better understanding. Even though I know this information I need reinforcement.