

Be the Best YOU! On Line 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 on-line 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 course is \$54.00 for six months. You must register to participate. Information for each class will be sent by email.
- This course will include lessons for the designated two topics on the second Saturday of the month. 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.
- Check our web site calendar for the next scheduled course.
- Register on our web site: www.ReikiCenterofIndiana.com Click on the topic Be the Best You! and choose Register for Best You Classes. 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.
- Location is in the comfort of your home or wherever you are!

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 may want to use a three ring notebook. It will make it easy to review when you have the need.

Recommendations:

This course helped me make peace with the past and let go of pain that I didn't realize I still held in my heart. I feel like I am more able to verbalize my thoughts and feelings without being ashamed or worrying about how my words will be received. I still have a filter, it's just not near as strong and ever-present as it once was! I'm more aware of the fact that I am not responsible for the reactions of others. I have enjoyed this journey tremendously. ~ Nikki