

# Themes for Awareness Circles

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**Conscious Breathing**—Why? How? When?

**Personal Lightening Up Program**—strategies for bringing more lightness and laughter into your life. Effects of lightening up on health, creativity, stress, happiness.

**The Art of Being in the Now:** Recognize your strategies, blocks, consequences of not being present, and learn and develop strategies and practices to change them.

**The Art of Managing and Lifting Energies:** Become aware of ways your energy becomes stressed, murky, scattered, depleted, as well as ways you can change, uplift, clear, expand, lighten, and direct energy.

**The Power of Words:** language gives you away. Words effect energies and your subconscious.

**Using Time Constructively:** Recognitions of our habits re time, support and strategies for shifting how we "do" time.

**Strategies for Brain-washing Yourself:** Strategies for changing negative thoughts and behaviours to positive ones.

**Symbolism:** It's everywhere. Learn to recognize the message in the symbols all around you.

**The Art, Power and Joy of Solitude:** Why? How? Developing contemplation, reflection, introspection, receptivity to inner guidance and inner knowing. Self awareness re habits , emotions, how to read and receive deeper truths.

**Strategies for Strengthening the Spirit:** A banquet of ways and means to uplift yourself.

**Support Your Awakening/Awareness:** Guide to uplifting or comedy DVD's, etc, books, people.

**Special Showing of DVD's:** Glow Project, Mayan Calander, Divine Matrix (cd)

**Deliberate Choice:** The Art, Power and Joy of making deliberate, high vibration choices.

**The Art of Asking Questions.** The universe can't give you the answers you seek, unless you ask the questions. The way you question, results in the way you are answered.

**Rhythms:** Recognizing and Honouring your Personal Rhythms. Why?

**Frequencies and Vibrations:** The Art of recognizing and Managing frequencies and vibrations.

**Resources Lists** websites, people, trainings, books, music, retreats, workshops

**The Creative Structure:** why is it that so often people want to create something—a relationship, career, joy, abundance, peace, healthy and they don't—or it doesn't last? Be introduced to the creative structure and receive the opportunity to develop and use the tools necessary for it to work. Become aware of your orientation, practice developing intuitive abilities and learn how to make deliberate high vibration choices.

**Body Support and Strategies:** Highlighting the wisdom, principles and practices of Gary Douglas and Dain Heer's book *Embodiment, the Book You Should Have Been Given When You Were Born*: Leave with fabulous strategies for supporting your body.

**Abundance and Receiving:** Highlighting the wisdom, principles and practices of Douglas and Heer's *Money Is Not the Problem You Are*. You'll change the ways you look at money and clarify your blocks to receiving abundance.

**Be Your Own Magician:** Highlighting the principles and practices of Douglas and Heer's *Magic. You Are It; Be It*.

**Relationships:** Highlighting the wisdom, principles of practices of Douglas and Heer's *Sex Is Not A Four Letter Word, But Relationship Often times Is*.

**Map of Consciousness:** The calibration of energies according to David Hawkins. Be more aware of the effects on ourselves and our world, of the emotional level we dwell in. Awareness allows you to see what you area doing to yourself/world, and motivate you to change it.

**The Hidden Power Of Water:** Highlighting the work of Dr Masuro Emoto and his groundbreaking evidence that Water, absorbs and reflects the energy, thoughts, we give it.

**Introduction to Byron Katy's 'The Work':** Katy's four questions, which allow us to self-facilitate our knowing, are a powerful resource helping us to be honest with ourselves, clarify issues, and dramatically shift our perception.