



Wellness Pathways

Personal Mythology: Discover Your Inner Story

Personal myths are not false beliefs; they are the subconscious framework that guides your life from the beliefs you hold to the actions you take. This workshop introduces you to the concept of a guiding personal mythology and the process for making it conscious, re-working areas that don't support you, and gain mastery over it for a more conscious and authentic life.

If you keep doing the same thing over and over, even if it causes you pain and suffering, chance are that there is a subconscious story directing the situation. Our internal stories reflect personal myths, our family myths, our cultures myths and finally our planet's myths. During this time of great change these myths are being challenged on all levels because they no longer support our evolution. Join us to explore the personal mythology process.

When: Tuesday, October 1st **or** October 15th from 6pm -7:30pm

Where: "A Ray of Hope" located in the Kits Corner Plaza at 7990A Hwy 29.

Educator: Leslie Lovejoy, RN, Ph.D.; Wellness Educator and Consultant

Fee: \$15

For more information, directions or to register, contact Leslie at 707-350-1084 or by email at leslie@wellness-pathways.com

What's
Your Story?

