



Wellness Pathways

THE CREATIVE PROCESS SERIES

Understanding the Law of Attraction

Have you read “The Secret” or seen the movie? Heard people talk about the Law of Attraction and want to know what it’s all about? This two-hour session provides an introduction into the Law of Attraction, the basic principles, and the steps in the creative process. You will learn how to apply this information in creating the life you want.

Working with the Law of Attraction

This four-hour workshop involves an in-depth discussion of the five steps in the creative process. You will learn tools to assist you in using the creative process to make positive life changes.

Mastering the Law of Attraction

This eight-hour workshop builds on the other sessions and explores in-depth the idea of alignment with the spiritual self that forms the foundation of the creative process. Participants will gain an understanding of and knowledge regarding how to live in an abundant universe.

Session	Where & When	Fee
Understanding the Law of Attraction	Sutter Lakeside Hospital Wellness Center 5176 Hill Road, Lakeport Wednesday, February 27, 2008 5:30p-7:30p	\$20.00
Working with the Law of Attraction	Sutter Lakeside Hospital Wellness Center Saturday, March 15, 2008 1:00pm -5:00pm	\$40.00
Mastering the Law of Attraction	Sutter Lakeside Hospital Wellness Center Saturday, April 19, 2008 9:00am – 5pm	\$80.00

To register: call the Wellness Center at 262-5171. For further information contact Leslie Lovejoy at 707-350-1084 or at www.wellness-pathways.com

Descriptions

Understanding the Law of Attraction

Participants will learn:

- Basic natural laws of the universe as they apply to the Law of Attraction;
- How currently held beliefs and self defining thoughts contribute to abundance or scarcity;
- The five key steps in the creative process; and
- How to use visualization to ask for what they want.

Working with the Law of Attraction

To participate in this workshop, registrants must have taken “Understanding the Law of Attraction”. This workshop takes an in-depth view of the five steps in the creative process.

Participants will:

- Build their visualization skills;
- Identify how thoughts and feelings create obstacles;
- Learn how to release and reframe self limiting thought processes; and
- Develop a plan for achieving what they want to create.

Mastering the Law of Attraction

To participate in this workshop, registrants must have completed the prior two workshops. This workshop focuses on the spiritual journey of living in an abundant universe. Participants will learn how to re-connect with their true selves and explore living from the understanding of connection. Participants will:

- Explore the worlds of ego versus true self;
- Learn how to access inner wisdom and use it as a tool for daily life; and
- Expand upon the five steps of the creative process to create the lives they wish to live.

All workshops will use a variety of experiential tools to enhance self-exploration such as guided imagery, journal work, meditation, and group discussions.