



REIKI | ANGELS | INDIAN HEAD | NLP

Live the Life You Want!

By changing the way you think, you change the way you feel, which changes the way you act.

During this course you will learn how to manage your thoughts, feelings and time successfully and thus live a wonderful life. You are clearly shown ways of achieving freedom from limiting beliefs that are currently impeding your ability to live the life you want. You learn that by being in control of you mind and rehearsing your life first in your head, this enables you to be in control of your everyday life outside your head. Your brain is constantly running, so it's important to control the direction its going, and so gain control over how you live your life.

We learn things both consciously and unconsciously, but those we are really good at we are "*unconsciously competent at*"

So on this experiential course you will be learning beneficial lessons and exercises to help you overcome various problems and habits and difficulties, and by repeating them and put them into action, you can become unconsciously competent at skills which are extremely beneficial to your health and wellbeing.

This course will be run over one day, but the benefits of attending this course has the potential to change your life. You will bring away a manual filled with exercises and ways for you to live the life you have always dreamed of NOW!

21st February, 2009

10 am to 6 pm

€160

PLACES ARE LIMITED

UPCOMING COURSES

Reiki I Course

28th Feb/1st March

€250

[Book Now](#)

Angels Course

14th March 2009

€100

[Book Now](#)

Reiki II Practitioner course

**14th/15th February
2009**

€500

[Book Now](#)

Reiki Master/Teacher Course

28th/29th March 2009

[Book Now](#)

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**THIS IS THE OPPORTUNITY YOU HAVE BEEN WAITING FOR -
THE START OF YOUR BRIGHT FUTURE!**

BOOK NOW

Neuro Linguistic Programming.

Neuro Linguistic Programming ([NLP](#)) was created by two very well educated and talented men called Richard Bandler and John Grinder in the U.S.A in the early 1970's. Richard is a mathematician and computer programmer and John an expert linguist.

Neuro is concerned with the brain and the way it works, **Linguistic** is related to language and communication and **Programming** is related to the repeated patterns and programs that the run in the human brain.

NLP uses specific tools and techniques and strategies to assist the human brain in such a way that ensures that the programs that are running are useful, helpful, positive and working to achieve your desired outcome.

In simple terms, NLP can help you to overcome many challenges such as:-
Phobias, Addictions, Bad Habits, Depression, Anxieties, Stress.
Etc

It will help you to build confidence, happiness, plan your future, make real and lasting changes in your life now and into the future.

Helping you to make your dreams a reality now!

So if there is a behaviour you want to change, a situation you are having difficulty dealing with alone, a challenge you need to overcome or perhaps you just need to talk through how to change the direction you are going in, then talking to an NLP Coach will help you to do just that NOW!

I provide **one to one NLP Life Coaching sessions** which last approximately two hours. We will talk about what you want and I will assist you to get from where you are now to where you want to be in the quickest, easiest and least number of

steps possible. During the session I may also lead you into an altered/trance state so that these changes can be achieved quickly and with little effort while you remain in control and totally relaxed.

To book an appointment you can contact me at 087-7641818
Or Email: info@spiritualrays.com
Or online @ www.spiritualrays.com