

# CENTRES FOR POSITIVE LIVING

BE GOOD TO YOURSELF.

KNOW THAT YOU HAVE THE RIGHT TO BE  
HAPPY, HEALTHY, PROSPEROUS & LOVED

IMMERSE YOURSELF IN ONE OF OUR  
LIFE-CHANGING ON-LINE COURSES

THE MASTER CLASSES

FOUNDATIONS OF NEW  
THOUGHT

# THE ART OF LIVING MASTER CLASSES

With Dr. Neil Mence

**Dates:** 8 Thursday evenings (7 – 9:15 p.m.) February 14, 21, 28. March 7, 14, 21, 28. April 4.

**Medium:** ZOOM class (recorded).

**Course fee:** £120. Payment may be made in 2 equal payments (£60 before February 7 and £60 on March 7. Course fee after February 7 is £140. PayPal or Internet Banking.

This series of exclusive self-development Master Classes take us on a voyage of self-discovery, personal development and inner change. Each class is devoted to one particular aspect of living and ends with a Question and Answer period. These empowering classes include:

➤ **Loving & appreciating ourselves** (February 14).

In this class we look at the greatest relationship we can ever have – the one we’re having 24/7, 365 days of the year. Each of us is unique and when we learn to appreciate that uniqueness, we see how it impacts all our relationships – not just with other people but with our finances, health and work.

➤ **Happiness & inner peace** (February 21).

The age-old question is, “Would you rather be happy, or would you rather be right?” We can’t be happy and have inner peace if we’re caught up in fear and justification. It’s impossible! In this class we look at releasing the past to experience inner peace, serenity and security.

➤ **Empowerment** (February 28).

Do you feel in control? Is life fulfilling or is it over-powering? How do we create empowering and uplifting relationships? How can we have happy and harmonious relationships with other people? Integrity and trustworthiness are two key areas we look at in this class, along with communications, co-dependency, forgiveness and desire.

➤ **Wealth & financial security** (March 7).

We all strive to attract more money into our lives. The question is, “Why don’t we seem to be able to attract the money, the riches and the prosperity we think we need to be happy and successful?” This class answers that basic question and steers us onto the road of financial freedom.

➤ **Forgiveness & Ho’oponopono** (March 14).

Forgiveness does NOT mean being a doormat or condoning unacceptable behaviour. Unforgiveness plays a star role in every unhealed relationship. In this class we focus on giving expression to our emotional side so that we’re free to forgive and move on. We also look at the ancient Hawaiian system of forgiveness known as Ho’oponopono.

➤ **Releasing anger, fear & resentment** (March 21).

Unchecked, ego plays a pivotal role in our lives; it insists that external situations are beyond our control. The fear of rejection, trust, and intimacy are all considered and worked on in this class which shows us how to release the past and the fear of being hurt again.

➤ **Change & growth** (March 28).

“Nothing is permanent but change!” How often have you heard that? Change is an essential element in growth, and we can’t really experience a healthy life without continual growth. How do we manage change so that we grow and benefit? That is the purpose of this class.

➤ **Successful Living** (April 4).

Do you know what you want? Life is a journey and we’re either moving forward or standing still. Without a destination or a goal, we’re not going anywhere. Without a purpose we’re stagnating. In this class we discover our true purpose and look at the avenues that provide our bliss.

There is probably no deeper, or more meaningful, set of Master Classes available today in the New Thought arena.

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## HEALTHY RELATIONSHIPS

3 additional Master Classes dealing specifically with relationship building. Tuesdays (7 – 9:30 p.m.) March 12,19 & 26). Course fee: £60.

How do you get on with other people? Perhaps more importantly, how do you get on with yourself? Do you lump people into groups of those you LIKE, don't like, can't stand, or find irritating?

We can't escape relationships, nor would we want to – they're essential ingredients of our human experience. We're always in a relationship of some type regardless of whether we're conscious of it or not. In these classes we learn the art of effective relationship-building by first considering the most important relationship we'll ever have in our life – the one we have with ourselves 24/7. And it's here that we learn to realise, grow and express our self-respect, self-esteem and self-love.

We'll also look at our connection with other people – family, friends and those with whom we interact at work or in a social setting. How can we improve these relationships? How can we learn to make them more fulfilling, freeing and empowering? These are the types of things that we'll investigate in these 3 classes.

# THE FOUNDATIONS OF NEW THOUGHT

With Rev. Shannon

**Dates:** 10 Tuesday evenings (7 – 9:30 p.m.) February 12, 19, 26, March 12, 19, 26, April 9, 16, 23, 30.

**Medium:** ZOOM class (recorded).

**Course fee:** £18 per class (£180 in total) + £15 for an extensive 236-page work book. PayPal or Internet Banking. Payment options available. Please ask.

We all want to experience improved conditions in our lives -- better health, more money, harmonious relationships, different or better employment and perhaps numerous other things that will add to our joy of living.

The FOUNDATION COURSE is the introductory course where we learn to move beyond what seems to be and use proven methods to change our lives permanently for the better. Most importantly, we come to understand that the ability to control our experiences and to have them result in happiness, prosperity and success lies in our mind and the way we use it.

This 10-week course shows us how to apply universal principles in every area of daily living. It's an experiential course with guided meditations and exercises to assist in a variety of real-life situations. Techniques for using the power of our word, meditating, developing affirmations and scientific prayer are an important part of this class.

Join me on a voyage of self-discovery. Life will change for the better.

**Suggested text: THE SCIENCE OF MIND by Ernest Holmes (the 640-page 1938 version, not the shorter 200-page 1920 edition). It's currently available at Watkins for £12.99.**

## FOUNDATIONS COURSE CALENDAR

CLASS	PRINCIPLE	PRACTICE
1	INFINITE SPIRIT	JOURNALING AND LISTENING
2	THE CREATIVE PROCESS	AFFIRMATIONS
3	GRACE	MEDITATION AND VISIONING
4	WHOLENESS	AFFIRMATIVE PRAYER (TREATMENT) FOR OURSELVES & OTHERS
5	THE LAW OF ATTRACTION	MOVING FROM FEAR TO FAITH
6	ABUNDANCE	GRATITUDE
7	LIVING IN THE FLOW	SACRED GIVING AND SACRED SERVICE
8	ONENESS	FORGIVENESS
9	IMMORTALITY	CONSCIOUSNESS
10	JOY	CELEBRATION

To register, or for more information, please email  
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