

# THESE TOOLS ARE GOING TO CHANGE YOUR LIFE! CENTER FOR SPIRITUAL LIVING FORT LAUDERDALE

1550 NE 26th St., Ft. Lauderdale, FL 33305 (954) 566-2868 www.cslftl.org

## “LIVING, NOT SAYING, THE LORD’S PRAYER” JANUARY 8, 2012 10:30 AM SUNDAY SERVICE

## WHY IS THIS HAPPENING TO ME . . . AGAIN?! SUNDAY JANUARY 8, 2012 1:30 - 5:00 PM

- ♥ THE HUMAN ENERGY SYSTEM
- ♥ HEALING GUILT AND FEAR
- ♥ THE HUMAN MIND
- ♥ FORGIVENESS

A unique, original syntheses of science, Naturopathic medicine, spiritual psychology and theology rich with insights from the ancient Aramaic language. A workshop that offers workable *tools for self healing* and putting an end to recurring life patterns.

**A clear message of hope for healing our human family!**

**POWERFUL, PRACTICAL TOOLS THAT ARE TRANSFORMING OUR PLANET!!**

## HEALING THROUGH RELATIONSHIPS MONDAY JANUARY 9, 2012 7:00 - 9:30 PM

- ♥ WHY RELATIONSHIPS . . . COMMITMENT . . . OR LOVE???
- ♥ Moving Through Fear and Guilt to *Real Love*
- ♥ WHY BOTHER?
- ♥ *How to Form Healing Relationships*
- ♥ See how to use forgiveness in relationships.

An experiential workshop focused on learning *usable relationship skills*. Gain awareness of issues that "keep you stuck" and tools that work! **TOOLS THAT BRING CONSTRUCTIVE CHANGES INTO REACH!**

## CIRCLE OF LIFE AND HOW TO PLAY IT TUESDAY JANUARY 10, 2012 7:00 - 9:30 PM

- ♥ DOES LIFE SEEM TO KICK YOU WHEN YOU LEAST EXPECT IT? ♥ THE ANSWER IS HERE!!
- ♥ HAVE YOU NOTICED THAT EACH TIME “IT” HAS HAPPENED, YOU’VE BEEN THERE?
- ♥ ARE YOU INTERESTED IN UNCOVERING YOUR PART IN WHAT HAPPENS IN YOUR LIFE?

Blockage of truth is the normal state of the average human mind. Information one wishes not to see, inhibits the Ability of the mind to show that information. To see through this blockage one must have guidelines for determining the appropriateness of behavior. This workshop provides empowering behavioral guides with which to keep your own mind on track and always have the highest and best information possible for making your decisions and opening to actual choices!

## CODEPENDENCE TO INTERDEPENDENCE WEDNESDAY JANUARY 11, 2012 7:00 - 9:30 PM

- ♥ CAN INTIMACY BE CREATED THRU CODEPENDENCE? ♥ WHAT IS THE CAUSE AND CURE OF ADDICTION?
- ♥ WHAT ARE THE PRECIOUS GIFTS OF CODEPENDENT RELATIONSHIP & HOW ARE THEY ACTED UPON?

When denial is removed Conscious Relationships provide a forum for recovery. Explore tools for transforming dysfunction into health and wholeness thru relationship! Be introduced to the concept of the “Power Person” that is at the root of our personality formation.

Move past survival to the delight and aliveness that is not only possible but our natural birthright!

**BE AN ADULT AND RECAPTURE THE INNER-SENSE OF YOUR INNER CHILD!**

## PURPOSE, PERSONAL POWER AND COMMITMENT THURSDAY JANUARY 12, 2012 7:00 - 9:30 PM

**TOOLS THAT BRING CONSTRUCTIVE CHANGES INTO REACH! GAIN INSIGHT AND CLARITY ON:**

- ♥ YOUR LIFE PURPOSE
- ♥ HOW TO MOTIVATE YOUR OWN MIND
- ♥ ALIGNING THOUGHT AND SPIRITUAL AWARENESS FOR PERSONAL POWER
- ♥ THE POWER ANDs HEALING EFFECT OF TRUE COMMITMENT

Experience an exercise that provides an easy method for discovering the unique purpose you were created to accomplish! Be “on purpose” and watch your creative capacity explode!!

**WHEN YOU ARE ALIGNED WITH YOUR REAL PURPOSE, EVERYTHING CHANGES!**

## GETTING THE STRESS YOU NEED FRIDAY JANUARY 13, 2012 7:00 - 9:30 PM

- ♥ EXACTLY WHAT CAUSES STRESS? ♥ THE SECRET TO SLEEPING STRESS-FREE!
  - ♥ THE TWO FACES OF STRESS ♥ HOW GOALS CAN HELP OR HINDER YOUR ACHIEVEMENTS
- Why doesn’t changing behavior reduce stress? This workshop explores the mind’s roll in creating, managing and reducing stress. Is there an ideal time frame for stress that creates the optimal use of internal resources? Learn to create stress that supports health! Explore the difference between plans and goals and understand their impact on your physiology. **LEARN TO MAKE STRESS A BEST FRIEND INSTEAD OF AN ENEMY!**

“THE LAST SET OF SELF-HELP TOOLS YOU WILL NEED TO USE”

**dr. michael ryce**

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