

Heal Your Past And Create The Future You Desire

Melbourne 2nd May 2009
with Dr Antonia Ruhl, PhD



2009 will be a tough year in many respects.

The next phase of the economic crisis perpetuated by the global credit squeeze is about to come upon the world, including Australia. Australia's resilient economy has largely sheltered us from the global economic fallout so far but this will change in 2009. This is not a doomsday prophecy, simply a realistic assessment of the economic outlook for the coming year based on the consensus opinion of major economists.

A positive, empowering mindset is key to fulfilling, happy and successful life. This is never more true than in times of severe stress. The majority of Australians will have a harsh reality check in 2009 as they are swept away by the herd mentality which will turn increasingly negative in 2009.

The lives of some people will be in stark contrast to this less than pleasant outlook. **Some people thrive in times of crisis and rise naturally to the top. will you be one of these people in 2009?**

Most people are far more controlled by their past experiences than they ever realise. Emotional wounds that are left unattended often fester under the surface and can have a debilitating impact on our enjoyment of life. Suppressed emotions reduce the effectiveness of our immune system and can progressively paralyse our decision making ability over time.

Very few people live close to their full potential. Very few people have any idea of their true potential. The few that do are often worshipped as Superhumans, as if they were somehow special or superior.

For our life to change we must make new and different choices. When we make different choices we get different results and our life often changes as if by magic.

2009 will come and go just like every other year. For many it will be remembered as a difficult year and they will look forward to a (hopefully) better 2010. **For some people 2009 will be a turning point. Will it be for you?**

When you take a moment to reflect you will realise that your life has been shaped by only a handful of major life choices. **What will you choose in 2009?** Will you continue to be influenced by your past or do you have the courage to make a new beginning? **You are likely to remember this invitation for the rest of your life, either as a lost opportunity or a major turning point in your life.**

What can you expect from this extraordinary one day event? That very much depends on how committed you are to realising your past limitations. Many people report an incredible surge of energy, powerful clarity of mind and a new passion for life. **Imagine living life with the enthusiasm of a young child but the knowledge, experience and maturity that you have gained over a lifetime.**

The past does not equal the future unless we live there. Unfortunately, many people do

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One Day Workshop, Melbourne 2nd May 2009

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