

# I Create What I Believe!

## *A Simple and Effective Way to Transform Your Life*

We all know our thoughts, attitudes and beliefs shape our reality, but do you know how to transform the stifling subconscious beliefs that are hindering your success?

Nancy Marie, the creator of *I Create What I Believe! Self-Awareness Art Program*—a groundbreaking course based on the research of Bruce Lipton, Ph.D.— will illustrate in a lively and entertaining presentation where beliefs come from, and how beliefs can mold your life. She will also demonstrate how you can transform stifling subconscious beliefs using just a pencil or crayon.

Why does this simple approach work? Drawing in this manner is really a form of biofeedback—meaning the real paintbrush is your body/mind state. Each exploratory exercise in this program invites the participant to investigate, and transform the inner terrains of their own mind. As their awareness expands, what appears on the paper also changes.

Originally *I Create What I Believe!* was created for the classroom teacher to help students reconfigure inaccurate beliefs that were hindering their academic success and to help them develop the creative problem-solving skills and cutting-edge thinking needed to excel in our volatile and rapidly changing global economy.

After several years of testing, and a very enthusiastic response from both adults and children, it became clear that this program could be used by anyone (even the creatively timid) to quickly free up the mind, release bottled-up emotions, increase conscious awareness, deepen one's sense of self and reconfigure subconscious beliefs that stifle their ability to thrive.

This introductory presentation will also highlight some of the science behind this innovative approach to self-transformation.

**Date:** March 28th, 2008

**Time:** 5:30 pm-7:00 pm

**Location:** Shelburne Falls, MA

Fee: Free

**For more information contact: Richasu Young at 207-615-1745**

### **(Excerpt from the *I Create What I Believe!* foreword)**

*"...Nancy Marie's art exercises provide children and adults with an alternative way to consciously release the stress or pressure that is building up in their system. These exercises enable the participants to both express their emotions and generate more constructive responses. They are so simple and adaptable and can be used in almost any situation to effectively redirect energy without having to consciously focus on the prevailing situation. These activities can actually become part of a child's behavioral "download" wherein they automatically provide constructive responses in place of current destructive pre-programmed responses they may be engaging now. Constructive pattern interrupts release stressful pressures, clear perceptions, and pave the way for more wholesome behaviors and resolutions."*

**—Bruce Lipton, Ph.D., Author of *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles***



**Nancy Marie** is a driving force for self-actualization and the author and illustrator of three books: *Out of the Box and Into Yourself!*, *Passage of Change*, A fable based on the research of Bruce Lipton, Ph. D., and *The Beckoning Song of Your Soul, A Guidebook for Developing Your Intuition*. She is also the creator of the *I Create What I Believe!, Self-Awareness Art Program*.

***This event is sponsored by Miyaca Dawn Coyota  
Proceeds benefit Healing Grace Sanctuary and The Children's Park for Natural Building***