

I Create What I Believe!

Self-Awareness Art Program

Practicum and Level II Training

The Level II training and practicum begins with a brief review of the level I introductory exercises. Guided hands-on exploration and adaptation of more advanced exercises will enable participants to gain a more versatile command of this powerful transformative tool.

Previous attendance of at least one two-day *I Create What I Believe!* workshop is required.

Date: April 21 & 22, 2008

Location: Bay Area, California

Time: 6:00 pm to 9:00 pm each day

Fee: \$75.00

To register contact: Nancy Marie 530-926-0365

Space is limited—pre-registration is necessary

(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*

"...The utterly simple exercises effortlessly and gracefully sidestep our wily intellect, always searching for confirmatory data in support of our thinking errors. With this program, Nancy Marie has truly made a significant contribution to those seeking an effective avenue to authenticity."

**—Susan D. Elsom, Ph.D.
Clinical Psychologist**



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*.

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