

# I Create What I Believe!

*A Two-Level Workshop for  
parents, educators, mental health practitioners and individuals seeking personal development*

*I Create What I Believe!* is a groundbreaking art program, based on the research of Bruce Lipton, Ph.D., that introduces children and adults to the art of transforming limiting internal beliefs that hinder growth and learning.

***This program clarifies:***

- Where beliefs come from
- How beliefs can mold one's life
- How to transform stifling subconscious beliefs to allow for new growth.
- How to adapt this material for classroom, therapeutic, and personal use
- The science and theory behind the activities

***This program helps both children and adults:***

- Reduce stress
- Release bottled-up emotions
- Deepen one's sense of self

***This program also teaches how to:***

- Self-regulate your energy from the inside out
- Increase retention, focus, and productivity
- Increase conscious awareness

***This program also strengthens:***

- Creative problem-solving skills
- Innate sense of composition
- Self-confidence and clarity
- A desire to learn and create
- Sensory Awareness



*No previous artistic training or any realized artistic ability is needed.*



**Nancy Marie** is a driving force for self-actualization and the creator of the *I Create What I Believe! Self-Awareness Art Program*. She is also 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*.

For more information contact:

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**Date:** July 12-15, 2008

**Location:** Asheville, NC

**Time:** Saturday and Sunday 12:00 noon to 5:30 pm – Monday and Tuesday 6:00pm-9:00 pm

**Fee:** Saturday and Sunday *only*: \$275.00 Four-day Fee: \$350.00 (*fee includes a three-book kit – a \$50.00 value*)

**To register contact:**

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Dev Thomas ([Dev@AshevilleCityRealEstate.com](mailto:Dev@AshevilleCityRealEstate.com)) 828-776-5384

*Space is limited – preregistration is necessary*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Zip Code \_\_\_\_\_

e-mail \_\_\_\_\_

Check/Money Order

Visa / Master Card

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_