

# I Create What I Believe!

## Self-Awareness Art Program

*The Introductory Two-Day Workshop for  
parents, educators, mental health practitioners and individuals seeking personal development*

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

The workshop begins by establishing the program's foundational concepts: where beliefs come from; how beliefs mold one's life; and *how to transform stifling beliefs in the subconscious mind to allow for new growth.*

Hands-on exploration and adaptation of the exercises will guide the participants through the practical application of these concepts. Throughout both days the science and theory behind the activities will be discussed. You will leave with an understanding of where beliefs come from, how they can either support or impede success and how to use this program to reconfigure beliefs that inhibit growth.

**Date: October 4 & 5, 2008**

**Location: Inverness, California**

**Time: 11 to 4:00 pm each day**

**Fee: \$200.00** (Fee includes an *I Create What I Believe!* kit— a \$50.00 value)

**To register contact: Nancy Marie 530-926-0365**

*Space is limited—preregistration 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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**P.O. 559, Mt Shasta, CA 96067 530-926-0365 [www.innereyepublishing.com](http://www.innereyepublishing.com)**