

# I Create What I Believe!

The Introductory Two-Day Workshop  
for parents, educators, therapists, 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: **December 6 & 7, 2008**

Location: **Larkspur, California**

Time: **11 am 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*

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

Check/Money Order

Visa / Master Card

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

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

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

Signature \_\_\_\_\_