

I Create What I Believe!

A 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 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: **January 12 & 13, 2008**

Location: **Sacramento Area, 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: **Pam Neisley 916-791-0820 or Nancy Marie 530-926-0365**

Space is limited—pre-registration is necessary

Name _____

Address _____

City, State _____

Zip Code _____

e-mail _____

Check/Money Order

Visa / Master Card

Card Number _____

Expiration Date _____

Name on Card _____

Signature _____