

How to Consciously Create

YOUR BEAUTIFUL
WORLD FROM THE
INSIDE OUT

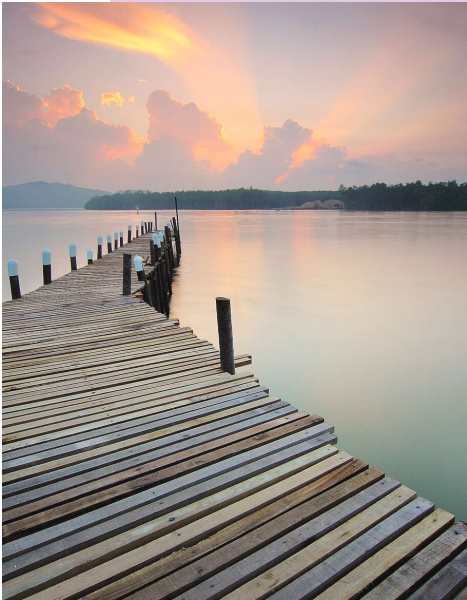


MASTER YOUR
MIND! MASTER
YOUR DESTINY!

BY KAREN BLAIR

Pure Essence consciously creating life

Imagine your every thought is pure, peaceful, powerful and Happy! What would your world look like on the inside? Imagine what you could create in your world on the outside when your world on the inside is always beautiful!



*My outside world
does not control me*

Imagine a life in which the outside world no longer affects you, a world in which you are no longer attached to people and situations. Come what may, you remain stable, peaceful, calm and happy! From this space the world will always be more beautiful!

Over the course of the next 3 weeks, we will explore and implement in your life the following Arts!

- The Art of Detachment!
 - The Art of Choosing your emotions!
 - The Art of attracting the life you desire, Your thoughts match your reality!
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Session 1

The Art of Detachment

1. How to be kind to yourself when people are not nice to you!
2. 4 thought's to Silence your disturbed Mind!
3. How to handle your feelings and emotions!
4. Protect yourself from People's emotions!

Detachment means.....

“Emotionally detaching yourself from any situation! You are merely observing the situation and no longer Participating in it! When you let go of attachment to lesser things in life, you are then able to harness the power that lives within you to achieve great heights. You are now focusing your energy on your ultimate Vision for your life!



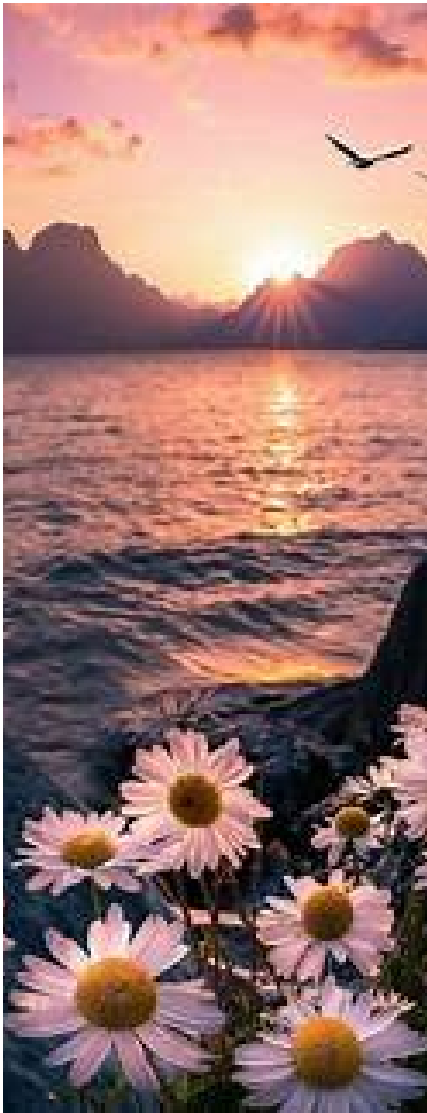
Session 2

The Art of choosing your emotions

1. Learn to Pause, see your various options, evaluate them and then choose your emotion!
2. Build your Emotional Stamina
3. Highway to Happiness!

“The Art of choosing your emotions

You always have the power to choose, you are responsible for the remote control of your emotions, you decide on the channel of your emotions. In this segment you will learn to always consciously choose your channels, channels that will allow you to be peaceful, calm and stable always!



Session 3

The Art of attracting the life you desire!

1. Your thoughts attract your life!
2. Affirmations to attract what you want in your life! Mantras for your day, throughout the day!
3. Raise your Vibrations, be silent in your day!
4. Raise the vibrational frequency in your home!

“The Art of attracting the life you desire!

Peace, love and happiness for most of the worlds population is the Ultimate goal! When you are the source of peace, love and happiness, that which you desire will seek you! When you create a beautiful world inside of you, a beautiful world outside of you will reflect back at you!



Benefits of this programme

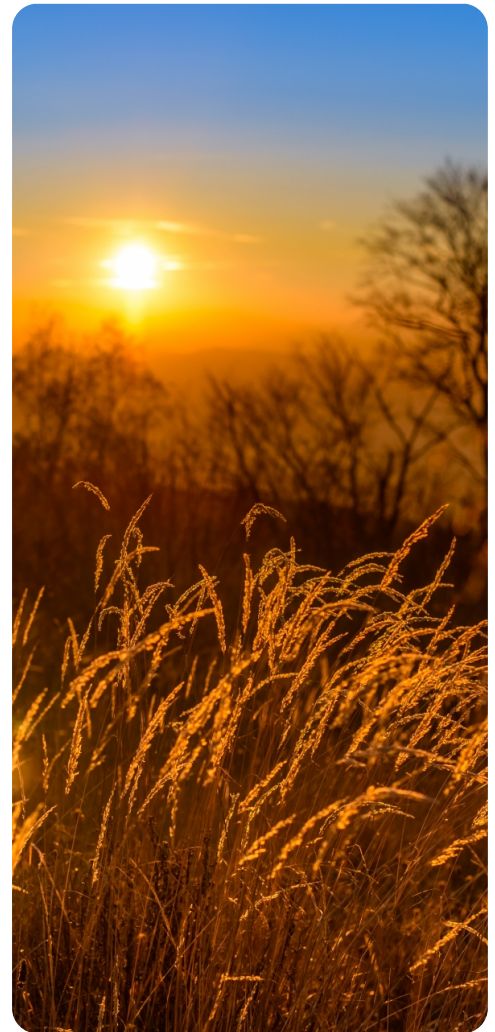
1. Create your reality from a powerful emotional and mental state.
2. Detachment from other people and situations gives you the space to focus on your vision for your life.
3. When you raise your vibrational frequency you begin to attract things, people and situations, vibrating at the same frequency as you, to you.
4. When you live in a happy home it affects every area of your life!

“The Art of consciously creating life!

So much of life is created from an unconscious space of being. A space in which you blame others for where you find yourself in life. Consciously living life places the steering wheel back in your hands. You reclaim your power, the remote control of your life. Mastering your mind gives you the power to create the life of your vision!!

“There is only love, all else is illusion. When you let go of fear, only love exists! You are the source of love!

"Be kind and gentle to yourself! It all begins with you"



What do I need for this Programme

- Peaceful calm environment, quiet time just for you, in our sessions and for the daily practices!
- Journal – Buy a beautiful journal or create a beautiful journal! You will journal every day over the next 3 weeks.
- Choose a happy pen!
- Nourish and hydrate yourself well.
- Ready to nurture yourself!



Thank you!

Welcome to your beautiful journey as you explore the source of peace, love and happiness that lives inside of you, and you take steps to create an extra-ordinary life!

<https://bit.ly/3JyotZL>
www.essence.consciouslycoaching.co.za