

Are you ready to

Awaken Your Potential and Liberate You?

Releasing negative criticism and energy traps of emotions.

4 Evenings

1st Criticism - How do you Respond to Criticism?
Finding out how you react and why you react to certain words. You do have the power to change something that could be deemed as harmful to yourself.

2nd Ego - What is the difference with the Pure Ego and the Ego.

Maree will show you steps on how to reduce the size of your ego which allows more space for your soul and spirit, with a side effect of having more personal energy.

3rd Energies - Recognising, holding and transmuting energies for the good of yourself and others. How do I distinguish between sinister & light energies? How to stay more in control of your own energy.

4th Meditation - Learning how to discover your animal totem.

Wed 11th, 18th, 25th and 1st Oct 6.30 - 8.30pm

Starting Wed 11th Oct 2023

6.30pm – 8.30pm \$50 per evening

Venue Maree's clinic :

201 king st, Hastings

Maree Gifkins 0272495090

maree@footbliss.co.nz

Booking is required to receive the booklet.

Invest in Yourself

- ♥ Be more in control in who you are and who you are becoming
 - ♥ Tools and techniques that can be used for today and tomorrow
 - ♥ Promote happiness and peacefulness.
 - ♥ Do you have a vision of being a better person, but don't have the time to read 15 self empowerment books.
 - ♥ To be at peace on the inside, with a sense of contentment.
- You will learn Self Empowerment. How to release the inner negative energies so they don't cause continued pain and suffering.

Reward

Do you have Dedication, Discipline and Commitment to the 4 evenings, then be rewarded and pay total price of: \$150 Pay on line or on the night.

<http://www.footbliss.co.nz/courses.html>

One Person Does Make a Difference