

About the

Living Real Weekend

Our higher intelligence is constantly trying to communicate to us through symptoms in our bodies and through our emotions.

Generally when symptoms appear we will go to the doctor or take something to get rid of them. We are then losing the gauge that is telling us something is off.

When we experience uncomfortable emotions we tend to find distractions to avoid feeling them, again losing the opportunity to learn more about ourselves and where we came from. By not feeling our emotions we are also losing the opportunity to change our beliefs on a cellular level.

Research has shown that every choice we make is biological. It is simply chemicals moving between receptors. By shifting the emotion/energy that is blocked in your cells you can change your beliefs on this cellular level, which will in turn make permanent change to the way you view your reality.

What would I get from attending?

Attend the "Living Real" weekend and begin to;

- Connect to your body and rediscover how to understand what it is trying to tell you.
- Find your real self in expressing your core truth.
- Explore the key to self confidence in every moment.
- Discover how the phrase "Telling my truth heals myself and others" naturally works always.

You will learn;

- To be vulnerable is to operate from your real self.
- That in your vulnerability lies your strength.
- How to discover what your truth is and how to express that appropriately.

Discover how to use your emotional self as a guide to transforming your belief systems.

Your group facilitators

Lead Facilitator; Phillip McKewin

is a Seminar Leader, Speaker and Personal Growth Educator. For the past twenty years he has travelled the globe accessing the masters of transformational psychologies and the world leaders in numerous fields of human potential.

Phillip possesses the rare power of being able to facilitate enormous change in the way individuals see themselves.

Support Facilitators;



Lani Neilson; Lani is a Personal Growth Facilitator, Sacred Sexuality Coach, Body-worker and Shamanic Ceremonialist. She offers educational and experiential workshops, women's spiritual retreats and private coaching sessions for individuals and couples.



Tracey Mullen; Tracey is a Personal Growth Facilitator and bodyworker specialising in supporting individuals to overcome issues related to weight, food and emotional eating. She offers individual counselling sessions as well as courses and experiential workshops.



Up coming Events

Course Details;

Venue; Newcastle TBA

Date; Friday 2nd July 7pm - 10pm
Saturday 3rd - Sunday
4th July 9.30am - 5.30pm

Price; \$395



This workshop is experiential and will support you to live your life honestly from your real self.

For more information or bookings call Tracey on: 4959 9885

PO Box 752 Warners Bay,
NSW 2282

Email: info@personalpower.com.au

Web: personalpower.com.au

What people are saying!

What I got out of it was such depth and understanding of who we truly are, and how to set yourself free of all the past hurts, negative experiences and, loss of self worth and much more. To be able to feel free and peaceful was great. The information and tools I received is a true blessing to me that will continue to help me throughout my journey of life.

Lyn Norris-Newcastle

You will learn practical tools that you can continue to apply for the rest of your life.

Personal
Empowerment
Institute™

*Living
Real*

"Freedom comes from being true to who you are."

