



Pathways to Peace

YOGA & HEALING

Transformative Wisdom – Course Outline

Explore 6 steps to identify your emotional pain spots, understand the thoughts creating the pain and the beliefs that drive the thoughts, and consciously choose to change those beliefs and transform your life.

Week 1: Are Emotions Ruling You?

We discuss:

- How your emotions impact your life.
- The importance of emotions and how they give you insight into the workings of your mind.
- New ways to view emotions.

We explore and play:

- **Step 1: identify emotions, your pain spots.**
Experience guided exercises to explore your inner world of emotions and begin to pinpoint what you want to change inside you.

Week 2: Are Your Thoughts Driving You Nuts?

We discuss:

- The power of the mind to create suffering or joy.
- Conscious choice and how you can change your inner dialogue/ thoughts instantly.
- The power of affirmations.
- New ways to view thoughts.

We explore and play:

- **Step 2: identify the thoughts that are creating your emotional pain.**
Experience guided exercises to consciously explore your inner dialogue and pinpoint the thoughts that are causing your emotional suffering.

Week 3: What Beliefs do you Cling to?

We discuss:

- How core beliefs serve you and harm you.
- Understanding Beliefs.
- New ways to view beliefs.

We explore and play:

- **Step 3: identify the source of your issues – beliefs.**
Experience guided exercises to identify core beliefs that are perpetuating your suffering and that need to change in order to transform.

Week 4: Are Your Beliefs True?

We discuss:

- The subjectivity of beliefs.
- Evaluate the validity of beliefs we have identified as needing to change.

We explore and play:

- **Step 4: how to change beliefs.**
Experience guided exercises to help you release old harmful beliefs.

Week 5: What Beliefs Will Support You?

We discuss:

- Creating new pathways in the brain.
- Getting behind supportive beliefs that you can accept with all your heart.
- How to embrace new beliefs that are hard to accept.

We explore and play:

- **Step 5: Creating beliefs that support you.**
Experience guided exercises to create and love new beliefs that serve you.

Week 6: What have you learned about who you are?

We discuss:

- Changing the way you see your issues:
 - From a whole life perspective
 - From a divine purpose perspective
 - From a path towards enlightenment perspective
- Life lessons and divine wisdom gained in your suffering.
- How to integrate these steps into your daily life, your inner dialogue, to create conscious mental/ emotional change instantly.

We explore and play:

- **Step 6: new perspectives.**
Experience all 6 steps in a guided exercise and explore new ways to view your experiences.