

John McMullin, HC, CHt and Leigh Randolph, HC, DDS, MS

present

The Holistic Coaching Intensive

Thursday – Monday

January 17-21, 2019

10am – 7pm each day

Cape Coral, FL

What Matters?

What matters in the human mind appears to be attachment of perceptions from the past and a connection to life beyond the confinement of limiting beliefs. In this class, participants will be invited to discover what really matters in living within the attachment of learned values and exploring connection outside of those values. We will practice switching possibilities of living beyond surviving.

The Purpose of Conflict With Self and Others

Many believe avoiding conflict is the path to enlightenment. In this class participants will be invited to explore that conflict is necessary to embrace compassion and intimacy and learn the wisdom of consequences. We will visit pathways that help minimize why we hide from self and others and consider using anger as a tool of growth rather than shame and fear.

The Purpose of Silence

Although expressing or hiding from words appears to create control, in this class we will witness the polarity of listening and hearing. When we learn to still the ego we can activate sensitivity and consciousness beyond the chatter of our own ego parts. We will witness how internal or external chatter deflects us from the fear of a deeper intimacy with lower and Higher Self.

The Hidden Messages From Your Body

Since many messages from body parts can overwhelm and appear annoying as pain(dis-ease) , our ego learns to numb out the connection of mind, body, and spirit. Since numb pain can be friend or foe, how can we turn on intention to allow our body parts to tell us stories we otherwise dismiss?

Deeper Aspects of Connecting Purpose to Creation

Although ego parts have been programmed from many sources to define our purpose based on doing, what if we could hold consciousness that we are the vessel to uniquely express life to others and for our self? Through the countless forms of expression could we learn how to vessel the wisdom of our Muse without diluting or attaching expectations and approval or disapproval from others?

Location: Hampton Inn, 619 SE 47th Terrace, Cape Coral, Florida 33901

**Cost: Five Days, \$900 – includes an individual Coaching session with John McMullin
Single Days, \$200 each**

**Registration: Online at <http://www.journeysofwisdom.com/ecommerce> or
contact Bonnie at 614.888.1240**

