

***What's Your Joy? includes:***

- \* valuable insights
- \* life-enhancing skills
- \* in-depth questionnaires
- \* practical exercises
- \* simple healing techniques

***PLUS***

**Creative Visualisation CD's**

One for each chakra  
for accessing the right brain creative and  
intuitive aspects

- \* Earth Harmony
- \* Chamber of Gifts
- \* Power Mountain
- \* Heart's Desire
- \* Joy World
- \* Chakra Balance
- \* Cosmic Orchestra

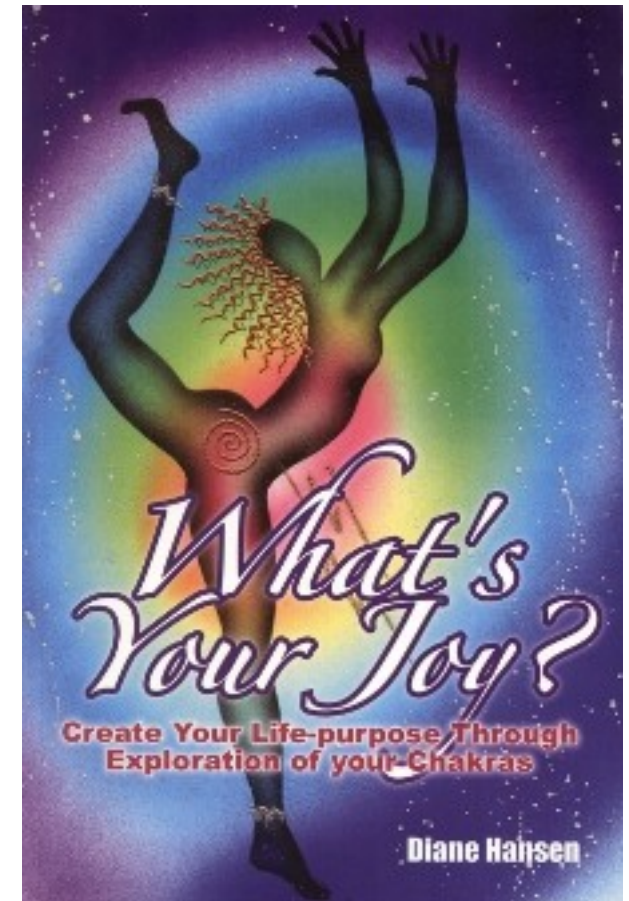
The **What's Your Joy?** course is designed to assist the participant to awaken and remember who they are, discover their innate gifts and talents and learn how to use them in their own unique way in creating their life-purpose.

**Venue:**

**Date:**

**Times:**

**Enquiries: Ph:**



Come on a revelatory, holistic journey  
of self-discovery and empowerment.  
Re-connect with your inner joy and  
express your joy through living your  
life-purpose to your highest potential.

### **Do You:**

- \* Feel there's something missing in your life?
- \* Feel like life is passing you by?
- \* Wonder what you're here for?
- \* Feel disillusioned with how your life is panning out?
- \* Feel unfulfilled?
- \* Feel like you're just going through the motions?

### **What If:**

- \* You felt alive and joyous?
  - \* You knew your life-purpose and lived it to your highest potential?
  - \* You felt your life had purpose and meaning?
  - \* You felt fully engaged in your life?
  - \* You felt inspired, happy, fulfilled?
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**What's Your Joy?** is a 'do it yourself' holistic course manual. It guides the participant through a journey of self-exploration using the functions and attributes of the seven major chakras of the body as a foundation for healing and growth on all levels.

## **Who am I?**

**physically**  
**mentally**  
**emotionally**  
**spiritually**

## **What's my life-purpose?**

### **Self-exploration through the Chakras**

**Chakra No 1 - self-knowledge**

**Chakra No 2 - self-expression**

**Chakra No 3 - self-responsibility**

**Chakra No 4 - self-love**

**Chakra No 5 - self-truth**

**Chakra No 6 - self-awareness**

**Chakra No 7 - self-realisation**



**self-esteem**  
**self-confidence**  
**self-empowerment**  
**self-transcendence**

Through this self-exploratory process you'll re-discover your:

- \* family-derived attributes
  - \* gifts & talents
  - \* inner strengths
  - \* abilities & life skills
  - \* passions
  - \* unique creative expression
  - \* intuition
  - \* spirituality
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### **The intention of the course is to:**

- \* recognize and acknowledge your true self
- \* re-connect with your inner joy
- \* Discover and live your life-purpose
- \* learn how to create harmonious relationships
- \* be self-aware, self-responsible and self-empowered
- \* learn new skills and behaviours to deal creatively with life's challenges
- \* welcome and embrace change in your life and use it for personal growth
- \* create a fulfilling and joyous life
- \* do all of the above in a spirit of fun and adventure