



## Phase #1 Courses

### 132: Self-Image Transformations



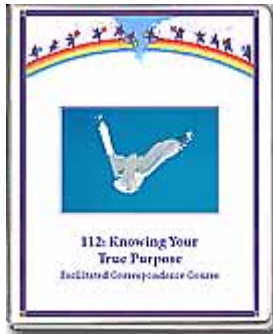
You may still feel plagued with fear, anger, resentment, self-doubt and guilt cropping up here and there. Intellectually you know better, but those old, subconscious tapes still seem to be around.

Self-image transformations means changing the way we perceive ourselves. To transform our self-image, we don't need to change what we do. We need to change who we think we are. What we do comes from who we think we are. In A Course in Miracles we are taught to remind ourselves frequently, "God is but Love, and therefore so am I," and "I am not a body, I am free. For I am still as God created me."

This course will provide practice in becoming aware of the trance formations that make us act like robots, controlled by unconscious, habitual ego belief systems. You will learn to retrain your mind to develop new mental habits while releasing those old tapes which are limiting and painful.

- Learn to feel more loved, accepted and loving.
- Feel more relaxed for a greater experience of wellness.
- Soften the grip of unwanted habits as your self-image changes.
- Build the habit of recognizing tension and guilt and letting it go.
- Open to greater possibilities and fulfillment as you move into your true spiritual purpose.

### 112: Knowing Your True Purpose



As you open to understanding your true purpose, you enter a new time — a time of looking at the concepts you are holding about yourself and others and letting them be replaced by the awareness of your unlimited True Self.

- Understand how the veils of forgetfulness can be lifted to give you a new sense of life purpose.
- Learn how to change your beliefs about time.
- Learn to access long-held thought patterns you picked up as a child, and heal these limited thoughts with the help of the Light within you.
- Find out why it is important to quiet your mind and listen to your Self, and how you can better serve your true identity as Spirit in this life.
- Receive insight on new choices, new ideas, and learn how you can extend the qualities of your true Self in your life.
- Take an inward journey to a Haven of Greater Awareness to connect and identify with qualities of Spirit, such as universal Love, and feeling deep inner peace.
- Transcend time and communicate with your unlimited Self.
- Imagine seeing life differently in the years ahead as you dissolve blocks to the greater awareness of Love's Presence.
- Practice seeing yourself knowing and expressing your true life purpose.