Creating Abundance Course

Location **Oregon**
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Can you change your life? Have you realized yet that our lives are created by our thoughts and our actions? Did you know that you can create abundance in your life by setting your intention and then performing certain actions every day? Abundance is not just money, it is love, friendship, time, support, guidance, gratitude, forgiveness, compassion...it is whatever you need or would like it to be, including money.

I am going to teach a course in abundance starting the 13th of August to go five weeks. This first five week course will be free, after that there will be a charge. I have room left for four more people to join. It will be taught at the Hillsboro Main Library at 6pm every Thursday from the 13th of August to the 10th of September. Each class will last approximately 90 minutes. Part of this course will be about commitment and accountability to each other, so please realize that this is a commitment and you will be expected to attend each Thursday for all five weeks.

The course will consist of checking in, lecture and discussion on Thursday. During each week you will then do short daily exercises, recognizing and recording certain thought patterns, and a 15 minute meditation. You will then return on Thursday and tell the rest of us how you did in keeping up with the daily requirements.

As stated above...this course is very much about commitment and accountability so please do not join if you are not willing to complete the journey. Please email if you are.

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