



Betty Munro Vision Studio

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CALM CLASS - \$180

Creative Accelerated Learning Methods

The power of the subconscious is well documented in the dramatic story of a man who accidentally locked himself into a freezer wagon in the USA. He had a pen and he thought it would be a service to mankind to document what it was like to freeze to death, so he did. In the morning his mates found him dead on the floor and read his note - but the freezer was not turned on! - the temperature was stuck on 13 degrees Centigrade.

A leap of consciousness is the most significant evolution which mankind is currently undergoing and these are Sandy Macgregor's motivational and inspirational techniques which he offers to you as an instrument towards accessing the power within you. These techniques are now available to you through Independent Credentialed Calm Coach, Betty Munro, B.N., in this powerful and intensely educational 8-hour day!

STRESS is the most insidious and potential killer in our world today!

- * Learn how to build your 'Peaceful Place' to relax and release STRESS in 30 seconds or less.
- * Discover the awesome 88% power of your subconscious mind.
- * Learn about the two hemispheres of your brain.
- * Learn about the different brainwave states and the Reticular Activating System.
- * Find out how to utilise the Laws and Language of the Subconscious Mind to access its power.
- * Discover the importance of your Limbic System.
- * Learn how to use Neuro Linguistic Programming to set goals and achieve them FASTER!
- * You can also learn the uses of an Emotional Anchor and how to build one.
- * You can also gain insight on how to use your thoughts to your new advantage.
- * In addition, you can learn Mind Charting as a tool for Accelerated Learning.
- * These techniques can also be applied to such things as:
 - Releasing weight
 - Improving sports ability
 - Stopping smoking
 - Increasing your IQ
 - Coping with change
 - Handling pain and loss
 - Improving self image