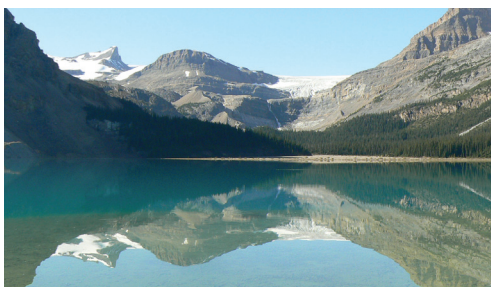


Self Sabotage: I Was A Prisoner Of My Own Mind



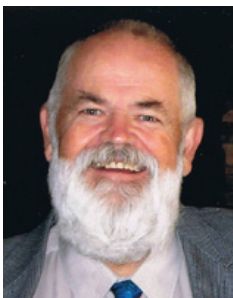
In this course you will learn how to:

- uncover the hurt, anger can hide
- create a bridge from anger and confusion to inner peace and clarity
- use your subjective mind effectively
- understand and use the three qualities of mind
- make the head/heart connection
- recognize the difference between and manage core/circumstantial pain
- develop a more intimate relationship with yourself and open up to healthier relationships with others
- identify and work with the subtle signs that Life presents to guide you towards the fulfillment of your goals and dreams

Spiritual Education for the Modern Mind

See our 2012 Educational Brochure
for additional Courses
www.joyoflifecentre.com





Reverend Doug Craig

Rev. Doug has been active in the New Thought movement for over 30 years.

The founding pastor of the Red Deer Spiritual Centre, Doug is now a sought after speaker and teacher with a powerful message from a unique perspective - "Attitude + Choice = Consequence". An instructor in the Business and Tourism department at SAIT, Rev. Doug is also an avid hiker and enjoys connecting with nature.

This course is based on Doug's life experiences which have helped him move from being an angry young man steeped in life conflict to someone who has achieved inner peace.

Registration:

\$275, maximum 12 students

By phone – 403.247.0602

By e-mail – joyus@telus.net

**Classes held at our
Bridgeland location:**

811-1st Avenue NE

February 2 - April 5

7:00 - 9:30 pm