



# Mindful CONSCIOUS Living

Saturday 2nd & 9th March,  
2016

*Are you a conscious creator?*

*Or, is your old subconscious programming steering the wheel of your life?*

If you're noticing that you keep experiencing the same frustrations, disappointments, stresses, lack of motivation or that you continue to attract the same types of relationships, workplaces or colleagues that don't seem to get you to your desired goal, then it is likely that you are operating from outdated subconscious programs that are ready for an upgrade. Just as you upgrade your mobile and IT software to make improvements, this too is true of your mind.

The first step requires bringing your awareness to what is happening within the present moment and within you, because you are at the centre of it all. **Yes, YOU!** *We are co - creating the world we experience.* Quantum physics recognises that bringing your awareness to something, results in the energy of that 'something' to change, whether it be a feeling, a thought and many other things too. The second step is doing something different to what you have always done. Einstein's definition of insanity is to *do the same thing over and over and expect the result to be different*, and yet this is where most of us spend our time, playing out the same old patterns that continue to produce the same events and experiences in our lives and then we ask WHY?

If you're wanting to cease the '**ground hog day**' existence and improve those areas of your life that you just can't seem to break through, this is the program for you.

*Learn **how** to bring your awareness within to expand your consciousness,  
and steer your life in the direction of your dreams.*

- Learn a range of mindfulness skills and techniques to become present and consciously aware.
- Understand the conscious and subconscious mind and how they're impacting your life.
- Recognise why patterns or events keep repeating in your life and how to alter them.
- Access proven psychological and coaching tools that will assist you to manage painful thoughts, feelings and experiences to create the results you want.
- Clarify your values and beliefs, aligning your actions with your vision of who you want to be, and
- Be inspired and motivated to take action in areas that will most enrich your life.

The Mindful Conscious Living Program is based on Mindfulness and Acceptance and Commitment Therapy (ACT).

**Mindfulness** is an ancient concept found in a wide range of ancient spiritual and religious traditions that means paying attention with flexibility, openness and curiosity - essentially allowing you to engage fully in what you are doing at any moment. Mindfulness has only recently been recognised in Western Psychology as a powerful therapeutic intervention for everything from work stress to depression and also as an effective tool for increasing emotional intelligence.

**Acceptance & Commitment Therapy (ACT)** gets its name from one of its core messages: Accept what is out of your personal control, and commit to action that improves your life. ACT is a powerful mindfulness-based therapy and coaching model which leads the field in research, application and results. ACT uses a wide range of experiential exercises to undermine the power of destructive cognitive, emotive, and behavioural processes. It helps people to fundamentally change their relationship with painful thoughts and feelings, to develop a transcendent sense of self, to live in the present, and to take action, guided by their deepest values, to create a rich and meaningful life.

**When:** Saturday 26th March & 2nd April 9:30 am - 4:30 pm

**Where:** TBA in North East

**Investment:** \$449.00 per person

**Book to reserve your place today PH: 0411 985 965**

For further enquires please email [carrie@manifestationdivine.com.au](mailto:carrie@manifestationdivine.com.au)

[manifestationdivine.com.au](http://manifestationdivine.com.au)

## What people are saying....

***"People have noticed that I look different, I look brighter and I feel at peace." Marina Bovington***

*"The thoughts are no longer there. I've let go of judgement... The door has been unlocked. I'm a lot more conscious about everything I'm doing. I'm a lot happier 'chillaxed'. Even the grandkids have noticed how I'm different. Lee Hughes*

***"I am distancing my thoughts instead of resisting the thought and I allow it to pass. It is very freeing. I have gone to a deeper level. Despite what is going on at the outer - external, now there is a sense of inner peace. I'm being an observer now rather than being in it. I'm not attached to it. I'm not being weighed down by it. I'm being carried through". Judy Morris***

*"I've been catching myself and that's awesome! It's distancing it and it's helping me. I know there is light at the end of the tunnel." Claire Phillips*

***"I feel I have tapped a deeper level to explore which is exciting!" Sonia Gallarello***



Manifestation

— DIVINE —

Carrie Faggotter, the founder and owner of Manifestation Divine, has sixteen years experience in social work, management and counselling. In 2006 she studied with a Buddhist Monk who taught her much about mindfulness and mediation practice and years later was excited to see the convergence of neuroscience, mindfulness and ACT gaining recognition and empirical evidence across psychology, therapeutic and coaching spheres. She has been working with individuals and groups teaching all that she has learned, and for the last five years has incorporated a range of energetic healing modalities into her practice. Carrie believes in the importance of an holistic mind, body and spirit approach and in 2011 created Manifestation Divine to support others to move beyond their limiting patterns to create lives of meaning and purpose.