

Opening To All Your Good

A Self-Transformation Workshop with Barbra White



The moment you accept yourself as you are, you change. If you haven't seen the changes you desire in your life, ask yourself, "What potential within me needs to be unleashed?"

Any need you have in your life is a potential seeking to be realized within you.

Your inner reality shapes your outer reality. Life seeks to love you and support you in all ways; you just need to open up. Learn how to love yourself, release your inner potential and be available to all the good that seeks to come to you.

Barbra is a spiritual teacher and self-acceptance facilitator. She will help the group open to their innate greatness and work with each individual person one-on-one. Barbra can compassionately intuit what limiting self-belief is holding you back. Instead of analyzing the belief, or creating another belief around it, she will help you to forgive it, love it, and through an experiential self-acceptance process, release it. The process of self-acceptance and opening to your good is unique to each individual, but the general format that will be used in this workshop is:

1. Clearing limiting beliefs.
2. Feeling the emotions underneath.
3. Realizing the beauty, answers, or purpose already within.

In this workshop, Barbra will use compassion, spiritual art, insights, core conscious transformation, and guided meditation as tools to guide you into awakening the next level of your consciousness.

When: Thursday, January 12th, 6:00 - 9:00 p.m.

Where: Yoga 4 Peace, 13550 Dix Toledo Rd., Southgate, MI 48195

Suggested Donation: \$55 - \$75 (Sliding Scale)

For directions and scheduling information, please contact Yoga 4 Peace, at www.y4peace.org, or call (734) 282-9642.

Barbra's revolutionary and straightforward teachings are more than life changing, they are world changing. Barbra owns Accepted As I Am Retreat Center in Plymouth. Visit AcceptedAsIAm.com, or call (734) 455-1438.