



## Unfolding the Inner Magic of

BEAUTY



MYSTERY

SPARKLE



### A Guide to this 4-Week Introductory Course

Inner beauty is not "phased" by physical defects, illness, ageing or death. It survives all things and can be enjoyed by ourselves (= enjoying "YOURSELF") even when others are not appreciating us. Unlike external prettiness, inner beauty does not attract undesirable attention. – actually the opposite! – Inner beauty, mystery and sparkle attract people and experiences that create an uplifting spiral of peace, joy and fulfilment in our life.

#### Background

Those who say that beauty is only skin deep have yet to discover the subtle world of INNER BEAUTY! In the magic world of inner beauty, ugliness, negative experiences and personal limitations are transformed into creativity, wonder and appreciation. Inside each of life's curses is a "blessing" craving to get out! Open up your own can of Inner Beauty, Mystery and Sparkle to share with like-minded others in this liberating and re-vitalising course of self-discovery and self-remembrance.

#### Aims

**The course offers 4 opportunities - choose 1 or more of these for your personal journey...**

1. Keep your life just as it is (stay in your "comfort zone"), and become more aware of what "Inner Beauty, Mystery & personal "Sparkle" are all about. Explore the territory and the possibilities!
2. Express and share some of your personal "magic" in a safe and supportive group.
3. Uncover and cultivate more of your inner potential for "personal magic".
4. Bring more Beauty, Mystery & Sparkle into your life - open up more to the subtle magic ("divine spark") in the world and the people around you.

## Objectives

### Participants will be encouraged and guided to...

Develop their personal understanding of what the metaphysical qualities of beauty, mystery and "sparkle" are all about, and of the potential they hold for enhancing the quality of our life.

Express and experience these metaphysical qualities within 1-to-1 partner work, group activities and in personal everyday life.

Have a fuller understanding and experience of the tools and approaches that can be used to enhance these qualities in ourselves.

Understand some of the ways in which we might be blocking these qualities in ourselves and others.

Understand and experience some of the key ways in which we can contact, express and enhance these qualities...

- In the way we Breathe
- Via Posture, Body language & Tone of voice
- In the way we Move
- In the way we Communicate with others
- In the way we Communicate with ourself
- In the way we Envision past, present and future
- Via Singing and Dancing
- Via Behaviour & Lifestyle modification

Spot the opportunities in everyday life for bringing more of these qualities into our experience.

## Contacting the Presenters

Feel free to contact either or both of the presenters if you have any suggestions, complaints, queries, difficulties etc during the course.

**Katja: email: shantikat@yahoo.co.uk Tel: 07789-483760**

**Mike: email: mjm@lovehealth.org Tel: 01954-789966**

Katja has a background in psychology and spiritual exploration. Her day-job is working with mental health and well-being in the NHS. She is a certified Shamanic practitioner and is in the second year of an advanced diploma in 'Soul Therapy' which helps people to discover their inner potential and experience greater levels of health, well being and empowerment.

Michael Meredith is trained and experienced in meditation and cognitive therapy techniques, sacred dance and voicework, healing and stress management.

Both presenters are experienced facilitators of personal development, especially that inner world of magic, joy, spontaneity and playfulness that we knew as children, but so easily lose touch with, as adults.

## Course Assessments

There are no tests or exams. Students will be invited to share their background experience and aspirations at the start of the course, and to share themselves and their on-going experience and learning during the course of each class.

The course presenters will be available to discuss any difficulties or needs that participants may encounter as the course progresses and to provide feedback where requested.

## Student Suitability

No prior experience is required, The course is designed to be suitable for folks of any religious or spiritual persuasion, or none. Participants must either be in good physical and mental health, or inform the presenters of any disability, injury, recent trauma or health problem and obtain their assent (and the guidance of any healthcare professional involved) to participation. If attendees experience any injury, trauma or health problem during the period of the course, they should inform one or both presenters (in confidence) as soon as possible so that appropriate allowance, or amendment to the course activities, can be made.

