



LOVE YOURSELF

Heal Your Life



Transformational 2-Day Workshop of Self-Discovery

WHO IS LOUISE HAY

Louise Hay (1926-2017) the author of the international bestseller *You Can Heal Your Life*, was a metaphysical lecturer and teacher with more than 50 million books sold worldwide.

For more than 30 years, she has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. She has appeared on *The Oprah Winfrey Show* and many other TV and radio programmes internationally.

Louise Hay's story is truly one of courage and triumph. Using the techniques described in her book, Louise transcended her abusive upbringing to create a life dedicated to helping others learn how to let go of limiting beliefs and create the life of their dreams!

Louise's life work really began in 1970 in New York City, when she learned the power of positive affirmations and a spiritual connection. It was during this time that she compiled the *Heal Your Body* book outlining physical symptoms, possible mental causes, and affirmations. She was soon traveling and speaking throughout the US. When diagnosed with cancer, she used her own methods to assist her healing.

After regaining her health she wrote the *You Can Heal Your Life* book, started her publishing company Hay House, and began an AIDS support group in her living room that grew to 800 people meeting weekly in a West Hollywood gymnasium.

Louise Hay's fundamental message, the importance of loving yourself, has transformed the lives of millions. In addition to her best known books mentioned above, she has written other books, recorded audio CDs and DVDs.

WHAT IS A HEAL YOUR LIFE® WORKSHOP

Heal Your Life® workshops aim at personal growth and self-healing, and are based on the principles of the book, *You Can Heal Your Life*, by Louise Hay and have been attended by many thousands of men and women worldwide.

This two-day workshop is open to anyone wishing to create positive change in their lives.

Reading of the book “You Can Heal Your Life” is not a prerequisite, but helps with workshop preparedness.

The basic Heal Your Life® philosophy is:

- the only person we can change is ourself
- what we think about ourselves becomes true for us
- everyone is responsible for everything in their lives — the best and the worst
- every thought we think is creating our future
- each one of us creates our experiences by our thoughts and our feelings
- the thoughts we think and the words we speak create our experiences
- we can change the thoughts we think

Part of the challenge is that we give our power away by blaming the past, other people, and difficult events for our frustration. When we learn to step outside the world of blame we can then choose to create peace, harmony, and balance in our minds and that's what we will find in our lives.

It is about YOU, the way you are, the key influences and events in your life that have brought you to where you are now and the way you would like your life to be. The process of healing your life begins with breaking through the layers of old conditioning and beliefs about how you “should” lead your life, identifying any problem areas and clearing out emotional clutter connected with them. There is no “magic” or “secret process”. All that is required is a genuine desire to commit yourself to change and a series of practical steps to make those changes happen.

During the workshop we will use amongst others: mirror work, visualisation, affirmations, journaling, inner child work, anger release and forgiveness work to assist you on your journey.

You can also be assured that you will be taken through the entire process in a safe, confidential and supportive environment.

HOW YOU WILL BENEFIT FROM A HEAL YOUR LIFE® WORKSHOP

The workshop can serve as “stepping stones” on your pathway of self-discovery. You will be gently and skilfully guided toward a realisation of your own power, inner wisdom and strengths, which will help you to achieve the life of joy, happiness, prosperity and health you deserve.

Through the workshop you will:

- Learn to love yourself and others more fully and deeply
- Release negative emotions that block your joy and creativity
- Work with body, mind and spirit to transform your life
- Connect with your inner child
- Understand your barriers to success
- Get more of what you want from life
- Gain new tools and ideas to assist you on your journey

By the end of the workshop you will have a renewed appreciation and love for yourself and others. You will also go home armed with practical tools and techniques that will help you respond to situations and circumstances in your life more positively and lovingly.

HOW TO PREPARE FOR THE BEST EXPERIENCE

Please consider this workshop as a time away from your regular work and activities to focus exclusively on yourself. Please do not plan to conduct business over the phone or in person, as that will dilute your focus. If possible, arrange to have the Saturday and Sunday evenings free so that you can take it easy and integrate all that you have experienced.

WHAT TO BRING TO THE WORKSHOP

Please bring along a small to medium size hand mirror, a journal/notebook, a pillow and your own lunch.

Dress for the workshop is casual. Please wear comfortable clothes and shoes that will allow you to move freely and sitting on the floor, if desired.

The workshop runs from 10:00am to 5:00pm on both days. The days are structured into two sessions, all morning and all afternoon, with breaks for meals and refreshments. It is an intensive schedule but well worth it.

WHO WILL GUIDE YOUR JOURNEY

Your experienced and intuitive Heal Your Life® teacher Elise Heikkinen-Johnstone is a certified Heal Your Life® Practitioner with B.A. Hon degree in Psychology. Elise has over 20 years of experience in empowering women, men and youngsters.

WORKSHOP INVESTMENT AND HOW TO REGISTER

The all-inclusive investment for the weekend workshop is £199.00 (workshop materials, refreshments and follow-up coaching session). Payment is due before start of the workshop. We try to make the workshop accessible to all, hence payment plans can be offered at request.

You can register for the workshop via this link: <https://eliseheikkinenjohnstone.wufoo.com/forms/love-yourself-heal-your-lifea/> or by emailing Elise at elise.heikkinen@gmail.com

MORE INFORMATION ABOUT HEAL YOUR LIFE® WORKSHOPS, SEMINARS, COACHING AND LOUISE HAY

www.facebook.com/elisehealyourlifecoach

www.healyourlifeworkshops.com

www.louisehay.com

www.healyourlife.com

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“Achieve Your Dreams - Live Your Best Life”

RECENT TESTIMONIALS

This workshop was truly amazing, it changed my life. I learnt so much about myself - I learnt to truly love myself for the first time in my life. I learnt to appreciate life. It's been an unbelievable journey of self-discovery. I would recommend it to any person who is seeking wholeness, healing and self-love. It was enriching, life changing and very transformational in every area of my life.

Nancy

I would like to testify that this workshop "Love Yourself, Heal Your Life" is a must for all the men, women and young people. We need to unlearn the limiting beliefs. We all need to love ourselves and we deserve the very best and the highest good! Affirmations need to be done by us all. Let us all embrace this workshop and give ourselves an opportunity to live positive lives. Highly recommended!

Nangula

The Heal Your Life Workshop I attended was an incredible experience that I highly recommend to anyone male or female that feels that there is no direction in their life. Not only will the workshop open your mind to the endless possibilities around you but will also free your mind from the old ways of thinking that hold us back and stop us from achieving a higher level of life. Elise is so gifted at getting to the root of your problems and the advice and guidance she offers to change the way you think about yourself and everyone around you is to say the least "mind blowing". I must say that after the workshop the changes that I have experienced by applying what I learned has quite literally changed my whole outlook on life, love, business and my own self-worth so much for the better. I highly recommend this workshop to anyone and I can honestly say that it is one of the most worth while investments I have ever done.

Robert

The Heal Your Life Transformational workshop has definitely been of value to my life. It provides for a therapeutic calming weekend in a relaxed environment. The opportunity is given to explore toxic emotions and destructive mind-sets, and empower participants to release them and replace them with more wholesome perspectives. This workshop will certainly play a useful role in society and culture filled with anger, violence, and inappropriate outlets for aggression.

Emma

This workshop is for anyone experiencing any form of difficulty and doubt in the lives. The workshop shows you a brighter more radiant and peaceful path through acceptance, forgiveness and unconditional self-love and I truly believe it is an unforgettable experience that will change your perception of yourself and the manner in which others respond to you forever. Elise is an amazingly passionate about her work and brings a heart to the workshop that is inspiring and truly life altering and real something which is beautiful and rare. I would recommend this workshop to everyone, it is an absolute must!

Kirsten

The workshop was amazing! Especially the exercises - they were very powerful and emotional, and through them I found so many hidden blocks that I need to work on. Even if I had read the book *You Can Heal Your Life* by Louise Hay, the workshop was a real "eye opener". It opened my understanding for "love" work. The way Elise leads the workshop is so full of love and she cares so much about the people struggling to find the way forward. Her support is very touching. I can warmly recommend the workshop to everybody - it leads you to a better life!

Kristina