

Creating Authentic Balance in your Life

Core Wisdom
empowers you
to create
Authentic
Balance in
your life

Core wisdom invites you to take a journey towards inner healing. Life is full of ups and downs, and generally we can cope and ride out the bumpy bits. However, sometimes events or the demands of life get too great and our coping strategies fail us. The degree and way in which this affects us is very individual. Some people fall into depression or become wrapped up in anxiety. Others develop physical complaints that can't be explained; stomach pains, a lower back that just won't stop aching, throat infections that keep flaring up again and again.

Often times these periods send us into spirals of inward self-inquiry. "What am I going to do now?" "How can I heal this?" "What is this 'all' about?" "Why does this keep happening to me?" "It's got to be better than this!"

It's hard to believe, but sometimes these events are our *greatest gifts*. Life is asking us to learn and grow, to make changes that empower us to be more of who we really are... but what does this feel like, look like, where are you heading?

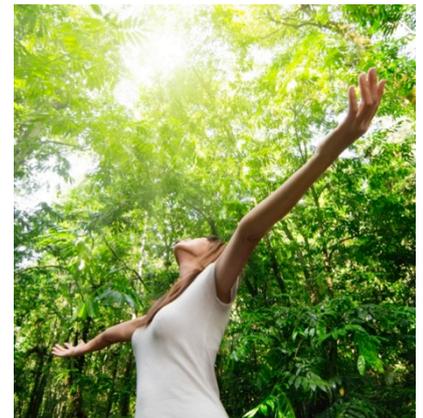
Being lost is a great place to begin your journey to inner healing.

Core Wisdom's Vision of Health & Healing

At Core Wisdom we recognise that healing takes many forms, it can happen in a moment or it can take time to manifest in our world. The journey of life we each take is so very individual and therefore our journey towards healing is equally unique.

We all have the potential to heal and move forward in our life. Our body is designed to be healthy, vibrant and strong. It has its own innate healing system built in. Remember a time when you cut your finger, the body just took over and moved on with the job of healing that wound. Sometimes however, our system needs some fine-tuning and support to do what it is designed to do. Together we can explore your health through the lens of your body-mind complex, uncovering how your beliefs and emotions are impacting your physical body. This process is incredibly revealing and can open the door to true healing.

Emotional wounds will also heal themselves, but the scars may impact us when we least expect it. Getting the support that's needed to heal, grow and learn from our life experiences can truly help shape us into becoming empowered individuals.



What is possible?

We all have the potential to live an emotionally balanced, healthy and harmonious life, and in fact, we believe that this is at the very core of who we are.

At Core Wisdom the vision is for you to become empowered and in the driver's seat on your journey. You will learn that your body holds all the experiences of your life, and that they may be reflected in:



No one saves us
but ourselves. No
one can and no
one may. We
ourselves must
walk the path.
- **Buddha**

- your physical body
- your emotional responses to the world
- your mental judgements and beliefs of all that surrounds you
- your sense of spirituality

The wonderful thing about this is that we all have the ability to access this inner information, to access our own 'Inner Compass'.

Your 'Inner Compass' is that part of you that has the answers to the challenges you face in life. Often we look to others to fix our problems, when really we have the answers within. Learning how to connect into that knowledge is all that is required. At Core Wisdom we would like to share with you the **knowledge and tools** for you to achieve this goal.

Creating Authentic Balance

Authentic Balance is all about recognizing that while we aspire to being happy & vibrant all the time, it's often not realistic as life challenges us along the way. Cultivating Authentic Balance in your life may take time but it's worth the effort... Imagine being able to remain **centred and balanced** in any situation, whether joyous, challenging or even neutral.... let's face it, most of us still need to do our washing and food shopping, doing these tasks in a neutral and centred state can become natural.

When we connect deeply to our authentic self and uncover our Inner Compass, we are able to thoroughly relish in the joys and wonders of our world, and be resilient and responsive when faced with change and challenge.



Authentic Balance Programs

Empowering You

At Core Wisdom we have developed programs that enable you to explore the many layers of your life; recognise your emotional and mental imbalances or blockages; and empower you to learn, heal and grow through releasing these imbalances, bringing you closer to your centre.

Whilst these programs are logical and have clear pathways, they also allow space for the innate wisdom of your body to guide the mystical unfolding of your unique healing journey.

The programs have been created to allow you to discover different aspects of yourself whether it be your **Alchemy of Inner Peace**, the **Sacred You**, or creating the body you desire via **Body Embrace**.



Each week you will be guided to explore your life within a specific topic or concept. Mentoring and shared dialog are key components to each program.

We then utilise simple muscle testing techniques to access your body's innate wisdom, which guides us to specific times and events that require our focus and healing. Imbalances in your system can be stored on different levels; **physically, emotionally, energetically and/or spiritually**. Allowing the body to guide us, ensures we implement the most suitable healing modality for your individual situation.

To achieve the goals that are specific to you, we draw upon the wisdom of great teachers of philosophy, metaphysics, quantum physics, health and healing. In this way, your healing is achieved in a holistic manner.

We incorporate the learnings of Demartini with his approaches to Life Values & Balancing Emotions; Myss's knowledge of Archetypes and Sacred Contracts; Pert and Lipton's amazing understandings of how our emotions and beliefs are stored and impact our physical form; Hick's teaching on the Laws of Attraction, and much more.

Each week you will be invited to broaden your awareness of your health and who you are in the world.

We drawn upon the **Eastern traditions** of Acupressure, Meridian resistance, Reflexology, Chakra Clearing; explore the **mystical realms** through past life regression and spiritual healings; while utilising the **modern day frameworks** of Forensic Healing & Neuro Linguistic Programming. This creates a truly holistic approach which allows you to immerse yourself in your healing journey towards Authentic Balance.

We are committed to your journey and offer you the following:

- Choose a program that is suitable to you, **Alchemy of Inner Peace, Sacred You or Body Embrace**.
- Each step of the way you will be empowered with tools and knowledge.
- Nutritional support as required.
- Unlimited email access, with back up phone calls if required
- Limited intake – to ensure the quality of your sessions.
- Payment options available.
- **SPECIAL** Introductory Session available (\$100/1¹/₂ hr), includes 60 min Healing & 30 min program overview discussion.
- Your investment in the program can vary, depending on how quickly you travel through the journey. Payment plans and discounts available upon request.

Mandy showed me invaluable support and guidance during a very challenging time in my life. Her gentle but powerful and compelling method facilitated the release of physical and emotional issues and their damaging belief structures.

Mandy's heartfelt truthfulness and sincerity helped me feel safe during the whole process. I now feel renewed and able to move forward in life with a deep inner strength. Thank you Mandy for your remarkable kindness and compassion and your engaging sense of humour!

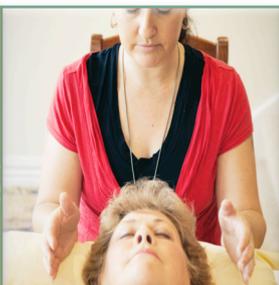
Annie S, Administration & Accounting



Acupressure



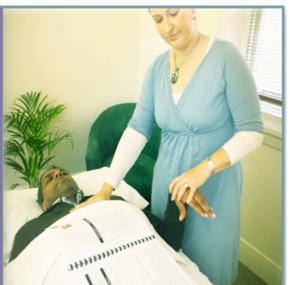
Sacred Contract & Archetypal Wheel Creation



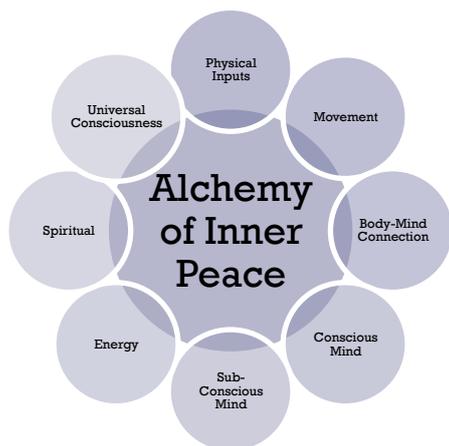
Aura Cleanse & Balance



Grief Support & Values Determination



Emotional Trauma Balance & Release



Have you ever met someone that just seemed to have it all together, they listened when you spoke, they seemed calm and connected to you and themselves. They had a sense of having plenty of time and you got the feeling that 'life' had lined up for them they were in the **FLOW!**

They felt peaceful to you!

The **Alchemy of Inner Peace** program invites you to explore Inner Peace creation for yourself in a holistic manner. Each session we explore different healing tools and techniques both scientific and metaphysical in nature. We apply these to your unique situation to release past wounds, while building towards creating a life that brings you **Inner Peace** and a sense of being in the **flow**.

The **Alchemy of Inner Peace** program runs for approximately 8 x 2hr sessions depending on your situation and existing knowledge. Each session is designed to provide the space for information sharing, mentoring and healing.

The **Sacred You** program runs over 14 x 2hr sessions. The program allows you to explore your life deeply; understand yourself, your relationships and achieving your highest potential in a whole new way, at a sacred level.

Your first step on this journey is to be guided to create your own **Sacred Contract**. This tool assists you to explore your life symbolically and interpret your personal life experiences... **your reality**.

Each week you will then be guided to explore your life through one of the 12 distinct domains of your Sacred Contract (ego, relationships, home, health, occupation). We combine these new understandings with healing techniques, to help you **heal the past** and create the **future** you desire and



Is achieving a **healthy size** an issue for you? Why is it that someone can just drop kilos, while others become yo-yo dieters never truly happy in their skin? If your one of these people you just know there's a lot more to this than simply food and exercise!

The **Body Embrace** program runs over 11 x 1 hr sessions, during which you will learn how to achieve the body you desire, through acceptance and self-love. We identify and then release the negative energetic blocks of **subconscious programming, broken commitments, and painful experiences** that are holding you back from achieving your goals. Also you will learn how to energetically eat for maximum metabolism and vibration. We must remove the emotional baggage, so the feeling of being light can manifest a lighter body. As a result, you will feel emotionally better and it will accelerate your journey to a healthier and happier you.



My contact with Mandy showed me how someone can bridge the feeling aspects and the thinking aspects of themselves and find a balance between the two. Mandy's trust in herself and in the healing process helped create a space in which my own healing process could unfold as it needed to. This is the sign of a truly great healer, someone who can hold the space with a sense of curiosity and wonder, and without judgment, and let a person's inner wisdom get on with doing whatever it needs to do, in order to heal. Allison



A Journey with Clear Pathways

Mandy Agnew has created the Authentic Balance Programs as a result of the many healing modalities and philosophies that she has studied over the years.

If you are looking to fast track your healing and are willing to really get to know yourself. If your wanting to release the blockages that hold you back and become empowered to live the life you really want..... **then this is the approach for you.**

Mandy offered a warmth of encouragement and wealth of deep spiritual insight, as she gently helped me to gain a deeper understanding and appreciation of my spiritual journey and true potential.

I would highly recommend this course to each individual looking to make honest and deeper discoveries about themselves and their souls purpose in this life, and as a means of achieving a sense of peace with oneself.

Doug, Sacred You Program



Mandy Agnew PhD is an experienced teacher, healer and therapist who has the gift of inspiring and supporting effective change in others. With over 20 years of deep passion for the pursuit of knowledge and wisdom to effect personal development, Mandy supports her clients in achieving optimum health, wellness and a vitality for life, by empowering them to heal themselves.

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