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# THE ALCHEMY OF INNER PEACE

## From Suffering to Stillness

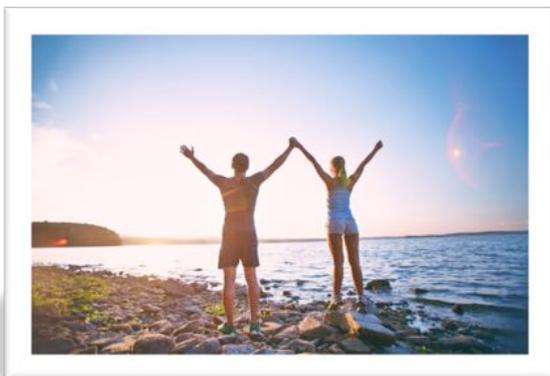
Are you ready to release depression, anxiety and pain? Is it time to leave the suffering behind?



Is stillness a foreign concept? Stillness in the moment... to be fully present in the here and now, leaving the past behind and the future to its own accord. From here anything is possible...

We lose so much energy thinking of the wounds / issues in the past that can't be changed... because they are in the past! We also spend our energy worrying about the future, experiencing anxiety and fear. We spend precious little time in the present, feeling peaceful and accepting life as it is. **But how is this truly possible?**

If you'd like to get to this still, peaceful state then the **Alchemy of Inner Peace Program** is for you. Often we are looking for a quick fix and many programs offer just that. This program is different, it offers a holistic approach that incorporates the body, movement, mind/emotions, energy, philosophy and/or spirit.



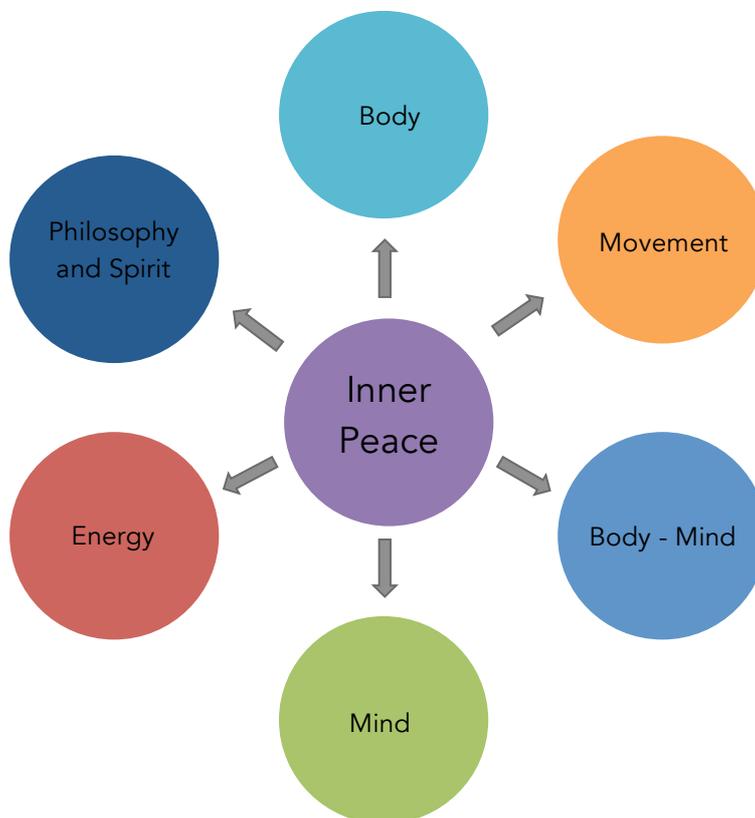
Exploring these elements for yourself, will highlight the methods that are most effective to you as an individual. This is an empowering model which allows you to explore your past and release what no longer serves you. It also helps you pave the way for a peace-filled future with many healing tools at your disposal.

"If you are depressed, you are living in the past  
If you are anxious, you are living in the future  
If you are at peace, you are living in the present."

Lao Tzu

## WHAT IS POSSIBLE?

Have you ever met someone that just seemed to have it all together, they listened when you spoke, they seemed calm and connected with 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!

If you're lucky enough to be someone that has moments or periods of peacefulness like this, you may have noticed that these correspond to times when life feels aligned and you're going with the flow. Opportunities seem to arrive out of the blue, your body feels healthy and your relationships are deeply connected.

When you think about it, it's easy to recognise that a peace-filled life supports you on all levels:

- From **Inner Peace** you can feel safe and secure and are more willing to take risks in business and relationships.
- From **Inner Peace** you're not continually stressed out and this reduces your risk of stress related pain and illness.
- From **Inner Peace** your perception of the world shifts from 'life is too hard' to 'life offers me possibilities'
- From **Inner Peace** you're comfortable in your own skin, confident in **who** you are, willing to **share** yourself with the world and content with **where** you are.
- From **Inner Peace** you are not held back, you allow yourself to be inspired to create a life that brings you joy. You can find your passionate self again!

## WHAT IS POSSIBLE? .....It's up to you!



The **Alchemy of Inner Peace** program invites you to explore **Inner Peace** creation for yourself in a holistic manner. 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. During 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**.

By using biofeedback, we will draw upon your body wisdom to really understand what life stories are being activated in your system, ultimately understanding the old patterns that need to be released and healed. Then when we work together with this clearing work, it brings you closer and closer to that centered you..... back to your Core Wisdom.

## YOUR FACILITATOR, MANDY AGNEW



### MANDY'S STORY

As a young adult I was fortunate to meet some amazing mentors that expressed inner peace and stillness qualities to varying degrees, while remaining incredibly human at the same time. I remember questioning how did they have this sense of peace about them, while others did not.....and more importantly **why didn't I!** This became my own internal quest and nowadays I share this with others.

I am now in my mid 40's and if I look back on my life I can see a series of pivotal points where life has given me huge opportunities for self-assessment, exploring wounds and learning new ways to heal myself. The right person or group appeared giving me just the right information (or not) which helped me along my journey. Each offered me a new stepping-stone towards where I wanted to go. Although the stepping stones guided my steps in the right direction, at times I would slip off and fall into the mud. Upon reflection I can see they were all necessary elements to my healing.



The journey showed me that no single healing modality or experience was going to solve all my worries. However I feel a mixture of approaches over the years have contributed to my healing. I think 'time' has also been an important element. Time to explore a concept or philosophy, trying it out for myself, eventually keeping it or letting it go. Often we hope for a quick fix, but I think we are presented with a helping hand to the next level, before life offers us more opportunities to become self-aware and heal the previously unseen. Each step moving us towards our Inner Peace and Core Wisdom.

"We do not heal the past by dwelling there; we heal the past by living fully in the present".

Marianne Williamson

# Alchemy of Inner Peace Program Plan

(Plan may vary over the 8 week journey)

The **Alchemy of Inner Peace** program runs for 8 x 2hr sessions. Each session is designed to provide the space for information sharing, mentoring and healing. Homeplay will be included throughout the program.

## **Week 1 – YOUR STORY AND BODY NOURISHMENT**

Program overview

Sharing and understanding of your story

Nourishment tools to heal your body and support your mind

## **Week 2 – KEY STORIES AND MIND SUPPORT**

Review

Identifying key fears and negative belief systems

Understanding your Mind – conscious and sub-conscious

Tools to heal the mind

## **Week 3 – YOUR BODY-MIND COMPLEX**

Review

Understanding your Body-Mind complex

Using your Body-Mind complex to heal

“The mind and the body are like parallel universes. Anything that happens in the mental universe must leave tracks in the physical one”

Deepak Chopra

## **Week 4 – MOVEMENT IN HEALING**

Review

Understand how movement supports healing

Which movement is right for you?

## **Week 5 – ENERGETIC YOU**

Review

Understanding your energetic nature – scientific and ancient wisdom

How do thoughts, emotions, location and people affect your energy?

Tools to support your energetic nature

## **Week 6 – YOUR LIFE PHILOSOPHY**

Review

Does your view of the world support you or undermine you?

Exploring your beliefs and philosophy of life

## **Week 7 & 8**

Review and Consolidation

**BEYOND Week 8** – Individual sessions are available as new elements of your journey come to the forefront and require support.

## YOUR TIME INVESTMENT

8 x 2 hour one-on-one sessions

Homework / workplay including:

- movement
- meditation
- personal exploration

## YOUR FINANCIAL INVESTMENT

\$1,945 (or 3 monthly payments of \$649)

Including:

- Information and workbook journal
- 3 months Nutritional Supplement supply
- High quality essential oils

I have had the honour and privilege of working with Mandy Agnew as my personal healing mentor and coach for the past 6 months. With her intuitive ability and her very high level of conscious awareness, she has helped me to identify and release long-held belief systems and patterns of behaviour in my life that have limited me.

As a result of working with Mandy, I have experienced dramatic changes, including the start of a new, lucrative business. I feel very empowered, my self-worth has increased dramatically, and I am ready for the new life that lays ahead of me. Working with Mandy is a blessing and a great asset for anyone who wants to be the best they can be.

*Lisa*

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*

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

- Each step of the way you will be empowered with tools and knowledge.
- Nutritional support with money back guarantee.
- Unlimited email access, with back up phone calls if required
- Limited intake – to ensure the quality of your sessions.
- Payment plans and discounts available upon request.
- Money back guarantee – if at the end of the program you don't believe the journey has been worth the money invested, simply call the following day and receive your money back without hesitation.

For more information, please contact:

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