

# Living in the Present

June 9 - 10, 2012

10:00 - 18:00

The one important class our schools did not offer!!

With Ximena Veliz



This 16 hour course will help you get in touch with your true potential and your own unique talents, as well as to see yourself through the eyes of the only person that really matters, yourself! It will help you heal from deep-rooted erroneous beliefs, low self esteem and unnecessary suffering.

It will remind you that we always have choices and we can always make changes, we are constantly growing and learning - we all have the potential to

be fulfilled, to realize our dreams and attain our goals - we all have the potential to be happy!

The course is divided in 6 main topics:

Beliefs - Living in the presents - Intuition - Self Esteem - Relationships - Who you are today.

*Who can attend: People who are open minded and a have a great sense of humour!*

Place: at Life Motivations Centre

Investment: CHF 450.–



**About the Course Leader:**

For the past 12 years Ximena Veliz has been a practicing Emotional Counselor and incorporates numerous therapeutic techniques into her work. Born in Chile, raised in the United States, and living in Switzerland since 1988, Ximena's principal areas of focus are on relationships, depression, low self-esteem, lack of love for life, and thoughts of suicide. She's a certified "Heal Your Life Transformational Workshop" Teacher, a way of living developed by best-selling author Louis Hay and an ASCA-accredited Reiki Master. Ximena counsels in Spanish, English and in French. Ximena is author of "My Naked Truth" her autobiography of her journey of successfully overcoming years of depression and bulimia. ASCA is recognized in Switzerland by certain complementary health insurances.



**Life Motivations**