



LifeBalance
A U S T R A L A S I A

A People Development Company

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Consciousness Training

John Toomey works with a team of facilitators to deliver a 9 day course in the workings of consciousness and the operation of the human mind. The course draws its materials from a range of disciplines, both eastern and western, including cognitive techniques commonly used in many areas of modern behavioral therapy and training.

Course Description:

The course runs for 9 days. It commences with a range of exercises and tools designed to manage attention, awaken the will and place a person's attention under the control of the will. This is significant for busy people who are constantly under siege from stressful distractions, time deadlines and performance expectations. Placing the attention under the control of the will is paramount to optimizing one's capacity to fully concentrate on the task and the goal, even under the most tumultuous of circumstances.

The course then delves into beliefs and looks at how they affect an individual's capacity to operate in the world. Beliefs can be limiting and self sabotaging. Discovering these beliefs and then managing them takes them out of life's equation.

The course then moves onto a new level. In section 2, we work on developing a perceptual skill that allows a person to develop and master their intuitive powers. Intuition and instinct are very different. Intuition is pure wisdom but is often mistaken for instinct which is more concerned with survival – including survival of the ego. Honing this perceptual skill will greatly enhance decision making and optimise creative power.

Finally in section 3 of the course we explore a range of personal limitations and reactive behaviors that tend to operate on default. This section is an incredible journey into managing stress and overcoming hurdles and limitations that stop an individual from achieving their potential. This section develops wisdom and insight and creates space for clear thinking, positive attitude and a capacity to live a deliberate life.

For further information, please contact John on 0415 844 919.

"Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all facts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issue from that decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would come his way."

W.N. Murray of the 1951 Scottish Himalayan Expedition