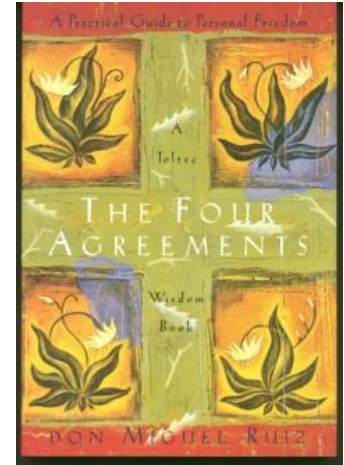


“CREATING AND LIVING YOUR NEW AGREEMENTS”

Examining Your Unconscious Beliefs and Consciously Creating Your New Agreements

Be Impeccable with Your Word
Don't Take Anything Personally
Don't Make Assumptions
Always Do Your Best



The Four Agreements is an ancient tool, guiding you to living harmoniously within yourself, as well as with all others.

As humans, we live by a set of unwritten rules, which we unconsciously subscribe to. We innocently and unknowingly adopt beliefs, thoughts, opinions and mindsets which create lack, limitation, fear and unhappiness in our Lives.

This 8-week study is a deep dive into The Four Agreements, as well as into yourself.

In this course, you will:

Study each of the Four Agreements and practice them in your day-to-day Life

Identify and examine your conscious and unconscious programming

Release the grip of past conditioning and create your own ways of being

Detach from drama, fear, judgment and pain

Stop sabotaging your relationships, health, happiness and goals

Accept yourself and those around you

Look internally for validation and love

Consciously create powerful, loving New Agreements, aligned with whom YOU are!

“Creating and Living Your New Agreements - An 8-Week Study”

Tuesday Evenings 7:00 - 8:30 (September 14th - November 2nd) via Zoom

\$25 weekly class fee via Venmo to “Lynn-Pridmore”

Zoom link will be emailed upon receipt of payment.

An email containing exercises, energy work, mantras, and a guided meditation will be provided weekly, to support you in creating and living your New Agreements.

Contact Lynn Pridmore at 201-572-7771 or Lynn@SpiritHealingAndWellness.com for additional information (www.SpiritHealingAndWellness.com).