



Step Into the Light

**The Next Step toward more
Personal Responsibility and Joy!**



For many, attending the Taking It Lightly weekend was a first step into a life with more aliveness, feeling and mastery. We learned about taking personal responsibility for our beliefs in preparation for creating new beliefs during and after the weekend.

Step Into the Light builds upon what we learned during Taking It Lightly, focusing even more on personal responsibility. In Step Into the Light, instead of being directed by the instructors, YOU are the director! Gain a feeling of greater mastery by creating your own process, creating your own affirmation, creating your own results! During this weekend, YOU decide when you are at “100%”!

Do all of this in a setting that is as safe and as fun as Taking It Lightly!

Learn more about:

- * The importance of thought and word in creating your reality
- * Taking responsibility vs. subtly blaming
- * The next step in emotional mastery
- * Simply throwing out the trash vs. Picking through the eggshells!

**Take the next step July 24-26, 2009. Cost \$325
Enrollment in this powerful course is limited to 10,
so register today!**

We begin Friday night at 7:00 pm. Ending times and other start times are determined by the size of the group. We will be done Sunday by 6:00 pm.

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Here's what others are saying about *Step Into the Light*

Taking *Step Into the Light*

...The value of taking Step is Stepping Up! No more pretending or excuses for those things for which I haven't been taking responsibility. The students get to be even more real and the feedback from the instructors is also more direct to the individual's life experiences.

...Gave me full permission to ask for what I want, say what I think, etc. No matter what others think. It was an opportunity for me to love myself unconditionally and speak up for myself realizing and embracing who I am as non-negotiable.

...I realized the difference between responsibility and fault.

...I had the experience of taking charge and taking action and getting the results I wanted. Knowing up front there would be nobody to blame if I didn't get the results I wanted. I recognized the subtle way that I blame others.

... The most important piece, that I am reminded of every day, is that I am responsible for my happiness. I am the one who controls the path in my life. I cannot blame anyone else. And every time I think about assigning blame, I think about myself and my control and power.

Staffing *Step Into the Light*

...was another opportunity to see the work of personal responsibility from a different perspective and to see how I am or am not continuously stepping up in my life.

...I got the chance to assist others in the way they wanted assistance, very directly.

...I witnessed myself as a support person and not being their to "help" them do their work. It assisted me in feeling the difference between assisting and care-taking.

...was a reminder to take a higher level of responsibility for my happiness and getting what I want. I received a big gift from a student's work. It helped me to see how I have been playing victim in two areas of my life, prompting me to take action and ownership.

...Personal responsibility is always a lesson I can learn and seeing everyone else learn it and process it is a valuable gift. The weekend feels more relaxed and for me, less emotional. That brings me peace and I feel joy when bringing that peace to others in my life.

...Gave me many insights and pieces of the next steps in my life, things I must do for myself. I was able to put it all together and get the next step ready.

...reminded me how love is greatest emotion of all. When I respond with love, I tend to get the results I want in my life.

Now it's your turn - Step up to *Step Into the Light!*



“Step” is offered once annually and limited to 10 students.
Give yourself the gifts you read about above. You deserve it!