



# WAKENING

— PERSONAL DEVELOPMENT & LEADERSHIP COACHING —

## Specialised Topic – An Awakened Life

Duration: 1 ½ Hours

*It has been said that it is the spaces between the bars that holds the tiger and it is the gaps between the notes that makes the music. Enter boldly into the next phase of your life, one where limitations are nothing more than a distant memory. Pack your bags, bid your farewells and begin the journey of a lifetime – AN AWAKENED LIFE.*

### **You can look forward to the following powerful discussion points in this seminar:**

#### Who am I?

'Where have I come from? What is my purpose? Where am I going to?' These are fundamental questions that weave the fabric of our existence.

#### My Purpose and How to Experience It

Through a deeper understanding of the above questions, the clarity of your life's purpose will begin to unfold. This part of the seminar is an inspiring and deeply fulfilling journey.

#### Happiness is ...

Man minus Desire equals Happiness. Deeper enquiry into our lively pursuits to fulfil our desires will aid us in clarifying which desires are constructive and which desires are destructive.

#### My Ego and What To Do With It

Ego – Our biggest delusion...

#### Taking Control of My Life

Now that we have come to the end of the journey, "Taking control of your life" becomes the only reasonable option.

*"There is going to come a day when you will say... How foolish have I been? All I have been searching for all my life was not in the world somewhere, in the things I have chased after, or the people I have loved. All that I have been longing for was within me and a part of me from the beginning." - Alvin Govender*