



# Pathways to Peace

## YOGA & HEALING

### **Transformative Wisdom – Program Outline**

#### **Week 1: Are Emotions Ruling You?**

We discuss:

- How your emotions are impacting your life.
- The importance of emotions and how they give you insight into the workings of your mind.
- New ways to view emotions.
- Step 1: identify emotions  
Experience guided exercises to explore your inner world of emotions and begin to pinpoint what you want to change inside you.

#### **Week 2: Are Your Thoughts Driving You Nuts?**

We discuss:

- The power of the mind to create suffering or joy.
- Conscious choice and how you can change your inner dialogue/ thoughts instantly.
- New ways to view thoughts (they are not who you are).
- Step 2: identify thoughts  
Experience guided exercises to explore your inner dialogue consciously and pinpoint the thoughts that are causing your emotional suffering.

#### **Week 3: What Beliefs do you Cling to?**

We discuss:

- How core beliefs serve you and harm you.
- Basic societal beliefs that shape your experience in harmful ways. Change these and you create inner healing.
- New ways to view beliefs.
- Step 3: identify the source of your issues, beliefs  
Experience guided exercises to identify core beliefs that are perpetuating your suffering and that need to change in order to heal.



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### **Week 4: Are Your Beliefs True?**

We discuss:

- The subjectivity of beliefs.
- Evaluate the validity of beliefs we have identified as needing to change.
- Step 4: how to change beliefs  
Experience guided exercises to help you release old harmful beliefs.

### **Week 5: What Beliefs Will Support You?**

We discuss:

- Creating new pathways in the brain.
- Getting behind supportive beliefs that you can accept with all your heart.
- How to embrace new beliefs that are hard to accept.
- The power of affirmations.
- Beliefs constantly being changed as you grow in wisdom and knowledge.
- Step 5: Creating beliefs that support you.  
Experience guided exercises to create and love new beliefs that serve you.

### **Week 6: What have you learned about who you are?**

We discuss:

- Life lessons and divine wisdom gained in your suffering.
- Higher divine purpose.
- Seeing the forest rather than the trees, viewing your experience from the bigger picture vantage point.
- How to integrate these steps into your daily life, your inner dialogue, to create conscious mental/ emotional change instantly.