

Wave
Open, Future
Possibilities (ALL)
Unlimited, Nonlocal
Momentum, Energy
Cooperative, Left-wing
Feminine "Heart"
Unconscious
Collective
Emotions
DESIRE
'Spirit'
ALL

focus

choose

engage

allow, receive

create

It's easy to believe illness is due to bad diet, genes, smoking or lack of exercise. But we now know the **major cause of illness** and premature death is 'psycho-social' – it's the quality of our mental health and communities that mostly determines our physical health, wellbeing and happiness.

Research has recently confirmed good mental habits, beliefs and relaxation techniques can switch on genes that protect from disorders such as pain, infertility, high blood pressure and rheumatoid arthritis.

Switching on the good genes that build health and **aliveness** comes by switching into better **beliefs and behaviours**.

The "**Begin with the end in play – Health and Wellbeing**" workshop reveals the deeper rhythms and processes by which our thoughts, feelings and beliefs can switch on a higher quality of life.

At the heart of this workshop is the **'Begin with the end in play' creative cycle** that helps anyone achieve their desired quality of life, in areas that include relationships, health and wellbeing, resilience, creativity, innovation, business, sports performance and career success.

Based on the key principles and advances in quantum physics, this program goes well beyond simplistic "positive affirmations", by reworking and greatly expanding our understanding and use of intuition, connections, unconscious, community, creativity, time, probabilities, futures and faith.

The workshop also includes sharing, stories and celebrations of health and wellbeing.

For more details, email: info@beliefinstitute.com, or call mob. 0415 637 532, or visit the Belief Institute website www.beliefinstitute.com

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relax, let go

Past
Particle
Actuality
Known
Position
Status, Closed
Local, Measured
Physical, Identified
Individual, Conscious
Separate, Right-Wing
Competitive, Ego, Chosen
Masculine - "Head"
Science, Fact
ONE