

A large, powerful blue wave crashing under a clear blue sky. The water is a vibrant turquoise color, and the wave is curling over, creating a tunnel-like structure. The sun is shining brightly, creating a lens flare effect in the upper left corner. The overall scene is dynamic and energetic.

# Know thyself

A 12 week program designed to give you **clarity** about what you truly want and the **energy** to achieve it.

# Know thyself

## **Are you...**

...a professional

...who had to face difficult circumstances in life, or is facing them now

...who is drawn to consciousness or spirituality?

## **Do you feel...**

...like you don't know who you are and where you are going?

...overwhelmed and anxious, that you have too much to juggle?

...like you don't have the potential to make things better?

...emotionally isolated?

...like you are giving of yourself to others and not taking responsibility for who you truly are?

# Know thyself

## **And do you want...**

- ...to bring things into focus?
- ...to find your own answers?
- ...to find the possible in the impossible?
- ...to have a deep sense self, an unshakeable sense of self, a solid bedrock on which to sit when everything else crumbles?
- ...to have a strong acceleration?

## **But without...**

- ...years of therapy?

# Know thyself

## **If this is you you may have already tried:**

- drinking
- talking to friends
- self-help books
- endless inner dialogues
- to pressure yourself to do it now
- meditation
- therapy, psychologists, other coaches

**...but nothing really worked**



# Know thyself

**You** wake up in the morning feeling uninspired by the future that is coming towards you.

**And you** want to know who you truly are, what you truly want and how to truly achieve it

**But...**

- lack of time
- lack of trust
- lack of clarity
- lack of courage

**...keep getting in the way**

**If so** I made this program for you.





# Know thyself

*What at first glance may appear to be messy and inefficient may actually be Life experimenting, discovering what is possible.*

*-Margaret Wheatley*

*Great things are done by a series of small things brought together.*

*-Vincent Van Gogh*

*There is force in the universe, which, if we permit it, will flow through us and produce miraculous results.*

*-Mahatma Gandhi*



# Know thyself

## What are the benefits?

Gain **clarity** about:

- your issue as you are currently experiencing it and how to move forward
- your strengths, opportunities for growth and blind spots
- your life purpose
- your values - all decision making is value clarification

Gain **energy** through:

- being pulled forward by a compelling future
- practical tools and proven practices that increase you physical, mental, emotional and spiritual power
- awareness on how to consistently and unconditionally shift from Victim Consciousness to Creative Consciousness

Gain **time** by exploring:

- how you think about time
- how to visualise time in the way that works best for you
- how you are spending your time
- how to organise it to ensure you have time for everything that is important to you

## Victim Consciousness

- You often experience low levels of energy
- You use your energy to fight
- External events create your inner states
- You identify with your thoughts and feelings
- Ego-driven drama often interferes. Ego is more of an absolute.
- You experience disintegration, feeling progressively separate (from yourself, from others, from the Divine/Universe)
- You are attached to your song of pain
- Choices are often rooted in fear
- You are in resistance
- You are often unlucky
- You often do blame, shame or guilt. You do it to yourself or you do it to others.
- You are often part of the problem

## Creative Consciousness

- You often feel energised
- You use your energy to create
- Inner states create external events
- You identify with the awareness of your thoughts and feelings
- You are aware and take charge of your Ego. Ego is more of a variable.
- You experience integration, feeling progressively at One (with yourself, with others, with the Divine/Universe)
- You let go of your song of pain
- Choices are often rooted in love and faith
- You fully show up and fully surrender
- You are often lucky
- You don't do blame, you don't do shame and you don't do guilt. You don't do it to yourself and you don't do it to others.
- You are often part of the solution

*Know thyself*



# Know thyself

## What is included in the package?

- **12 x 90 minutes sessions** so you can explore your inner world, get clarity on what you truly want from this lifetime and what you need to do to get there
- **12 Awareness Creations** to help you consistently and unconditionally shift from Victim Consciousness to Creative Consciousness
- **1 Personality Tests**, RHETI (Enneagram), so you can learn more about your strengths, blind spots, and opportunities for growth
- **A free consultation with Barbara Wren**, leading author and nutritionist so you can receive outstanding expert guidance on how to maximise your energy levels.
- **'The Time of Your Life' by Tony Robbins**, a 10 day audio program + workbook designed to help you create more time for what truly matters to you.
- **Customised tools, exercises and proven practices** to strengthen:
  - your physical energy
  - your mental clarity
  - your emotional openness
  - your connection to your deeper truth and guidance.

# Know thyself

## What is included in the package?

### Free gifts:

- Barbara's book "**Cellular Awakening: How our body holds and creates light**" so you can discover powerful tools to take control of your health and increase your energy
- Barbara's book "**Our Return To The Light: A new path to health and healing**" so you can make simple lifestyle and dietary changes to resolve stress and fear
- The book "**The Wisdom of the Enneagram – The complete guide to psychological and spiritual growth for the nine personality types**" by Don Richard Riso and Russ Hudson
- A **secret gift** you will receive through the post with your welcome pack

# Simon Blackhall

Simon is the founder of ANIMA, a Consciousness Coach, a Transformation Partner and a Speaker.

As a Coach he is a member of the ICF with 4 digit coaching hours. He is certified in Creative Consciousness, Clean Language&Metaphors and Spiritual Intelligence.

In July 2018 he was named in the Coaching Top 50 by CV Magazine. In May 2019 he was chosen from a pool of worldwide candidates to be one of the 100 winners of the CEO Today Management Consulting Awards 2019. His "Introduction to the 21 Skills of Spiritual Intelligence" held at the Prague Conference Centre during ICF Converge 2019 was received with warmth and inspired many into action.

He holds degrees in German, Spanish and Literature from the University of Pisa, Italy and a BA (Hons) at the Guildhall School of Music and Drama. As an actor he won awards in both London and Rome.

His mission as a coach and teacher is to co-create the expansion and higher for this unfolding world by holding a space of truth and light in which others can come forth. In the words of Nelson Mandela, 'It always seems impossible until it's done.'



# Barbara Wren

For the past 35 years, Barbara Wren has been searching for insights into who we really are and how our bodies work.

She has been teaching and lecturing for the past 27 years, showing people a different approach to wellness through nutrition and healing techniques.

Barbara has always believed that empowering individuals through contacting their own inner wisdom is the only true way back to wholeness and happiness within the universal laws and rhythms.

She is the founder of the College of Natural Nutrition in the UK.

Barbara is the author of the books *“Cellular Awakening: How your body holds and creates light”* and *“Our Return To The Light: A new path to health and healing”*





# Know thyself

## **Investment**

£4997

Third party financing options are available on our website

## **Our satisfaction guarantee**

If you find that you are not getting value within the first 3 sessions, simply let us know and **we will refund you 100% of your investment**, no questions asked.

Please note that access to the session with Barbara Wren and 'The Time of Your Life' program by Tony Robbins will become available from session 4.

## **Our Consciousness Ambassador Program**

After your first 3 sessions, having verified the value of the program, you will become eligible to become a member of the Spiritual Intelligence Ambassador Program.

Currently, as an Ambassador anyone who comes in your name will receive a 10% discount on the full price. You will receive 10% of the purchase price as a token of gratitude.



*Are you ready for your journey?*

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