

Brand New - for the New You in 2010

Learn the Ways of the World's Wisdom Traditions, Quiet Your Mind, Open Your Heart and Share Your Deepest Gifts With the World with Transformational Speaker, Author and Nurse, Aaron McNaught, based on his 5th book entitled:






Waking Up to the *Heart* of Care

How to Maintain Your Kindness and Compassion,
Even in the Midst of Challenging Situations



Aaron McNaught

A 'How To' Workshop for a Life of Superior Functioning, Deep Fulfillment, Meaningful Interactions and Stress Free Productivity. For Nurses, Care Providers, Educators, Social Workers, Leaders, Parents and *Anyone Else Who Cares About HOW They Care.*

-  **Dramatically enhance your job satisfaction**, allowing you to rekindle your passion and joy for your work ...
-  **Help you to manage** workplace gossip, backbiters, energy vampires, abrasive personalities and other potentially harmful characters...
-  **Help you to manage** difficult emotions, volatile interactions and stressful situations with grace, wisdom and maturity.
-  **Help you to keep things in perspective** by keeping you in touch with your most cherished values and deepest vision of life...
-  **Help you to balance and integrate** your work-life with your home-life, **by always being larger than either...**

The special fee for this workshop is \$47.00, includes a Workbook, and will serve you as a lifelong guide for creating the conditions for endless exploration in your career as a Caring Professional. **Seating is limited to 15 and past events have sold out.**

Mark your calendar and don't miss this transformative event, Wednesday May 19, 2010, 13:00 - 16:00, Rocky Mountain House Health Centre Auditorium; 5016-52 Ave., Rocky Mountain House, AB.

**Register online at www.wakinguptolife.com or send a cheque to Aaron McNaught Education/Consultations, #2, 4917 48th St. - Red Deer, AB. T4N 1S8
Call Karen Brinkman 403-844-5290 for more info**

Trust Yourself, Or Put This Book Down

(Excerpted from *Waking Up to the Heart of Care* by Aaron McNaught)

I remember my first day of Chemistry 101 at the University of Regina. I was introduced to a new language and a variety of formulas that I would eventually manipulate to unlock very advanced equations. At the time, I was overwhelmed but I had the basic trust that I would be adequate to the task as I proceeded. I was correct.

The same could be said about Typing 101, (yes, I CAN use all the fingers of both hands), Algebra, (yes, I CAN manipulate and understand Pythagoras Theorem), Automotive Mechanics, (yes I CAN build an engine from scratch), and Athletics, (yes, I CAN shower in front of other guys).

Always, what at first appeared daunting and insurmountable, with time became second nature.

I'm certain you have had the same kind of experiences.

Many times you have confronted new ways of seeing, perceiving and thinking that at first looked impossible. Then, with time, you rose in your capacities to understand, until these new ways became integrated.

I mention this now because you are about to be introduced to some very advanced ways of seeing, perceiving and thinking. **These advanced ways will allow you to unlock the doors to vastly superior modes of existence.**

Vastly superior.

Vastly superior modes of functioning, which means you will be able to operate in your environment with focus, clarity, and even what I call Friction Free Flow.

Vastly superior modes of interpreting your experience, which means you will be able to interpret your experience much more accurately and, when it's called for, you will experience your life free of interpretation.

Vastly superior modes of relating to the world around you, which means you will give the right kind of attention to the right kind of experience, which leads to the right level of involvement with your experience.

Vastly superior modes of existing, which means you will be able to plumb the depths of who and what you are as a human being, free of the conditioning and programming that began in your infancy, free of the stories and scripts you've mouthed since childhood, and free of the limiting ideas you've defended since adolescence.

Yes, vastly superior.

It is my hope that at this point, you will have the same kind of basic trust that when the time comes, you will rise to the occasion, just as you have countless times before.

I would bet on it. Question is, would you?

www.wakinguptolife.com