

Would You Like to Re-ignite and Deepen Your Career as a Caring Professional, Using These Powerful Tools for Awakening and Opening Your Heart and Mind?

Discover Your Ability to Care for the World by Committing to This Transformative Workshop, Saturday May 8, 2010 in Regina at the West Harvest Inn - 4025 Albert Street, Regina, Sask. and Receive Loads of Valuable Early-bird Bonuses Including Audio CD's, a Book and More!

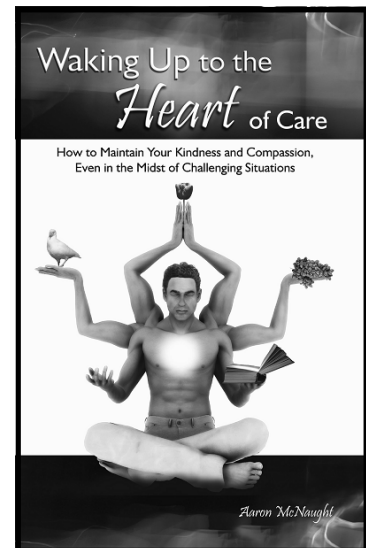


This life enhancing workshop is based on Attention Training Expert and Registered Psychiatric Nurse Aaron McNaught's newly released fifth book:

Waking Up to the *Heart* of Care

Essays on How to Maintain Your Kindness and Compassion, Even In the Midst of Challenging Situations

Created for
Caring Professionals
By a Caring Professional



Waking Up to the *Heart* of Care
from Aaron McNaught Education/Consultations

Who Else Is Ready to Learn How to Use Their Difficulties as *Wake Up Calls*, at Home and at Work, To Experience a *Deep, Powerful, and Radically Passionate Way of Life*?

A practical, heart opening workshop for care providers, educators, parents, leaders, lovers, and anyone who cares about HOW they care, with Attention Training Expert, Registered Psychiatric Nurse and Author Aaron McNaught

Do you desire deeper connections, improved communications, and more intimacy, passion, lust and love?

Would you like to learn how to open your heart, even in difficult situations, and even when the world won't thank you for it?

Apr 1, 2010

From the Desk of Aaron McNaught

It isn't easy being human these days. Although we live in a time of quick fixes, instant gratification, and the comforts and conveniences our ancestors could only dream of, we are stressed out, unhappy, disconnected and unfulfilled...

Oftentimes our lives seem to unfold mechanically with little meaning, depth or real care and concern. **We've lost heart.**

This would be understandable if we lived on deserted islands, isolated and alone. But all around us are other living beings who are longing to be seen, heard, touched...

All around us is a magical display, an amusement park, a living laboratory, a world of mystery and wonder... **but only for those with the eyes to see.**

As Rumi suggests: If you can't dance, don't blame the floor.

This simply means we can learn the skills necessary to see our lives and the world we live in, with eyes that are unclouded by the harmful judgments, outdated beliefs, useless opinions, and shallow interpretations that make our lives dull, drab and dreary.

We can begin to use each moment of our lives, at work, in our relationships and the very situations that cause us difficulties, to open our hearts and share the care and compassion we are withholding from the world.

We can begin to use the very stuff of our lives to *Wake Up, open and share our hearts*, and in the process learn how to bless those we care for, in the workplace, in our homes, and beyond... (Heck, if someone like me can do it then anyone can, **if they know how...**)

What Causes You To Compromise Your Kind and Open Heart?

- What kind of situations put you out of your heart, causing you to **speak and act** with indifference, impatience, or unkindness?
- What are the triggers that cause you to **react** from a busy mind, rather than **respond** from a gentle heart?
- What kind of people cause your **heart to close down**, and your mind to create harmful mental stories, judgments, and unnecessary dramas?

With **the right practices and perspectives** we can come to understand and work skillfully with these types of difficulties.

In fact, **we can begin to use the workplace and the very situations that cause us difficulties to open our hearts and share a kind of care that is non-negotiable.** We can use the workplace to practice **Waking Up to the Heart of Care**, and in the process learn how to bless those we care for, in the workplace, in our homes, and beyond...

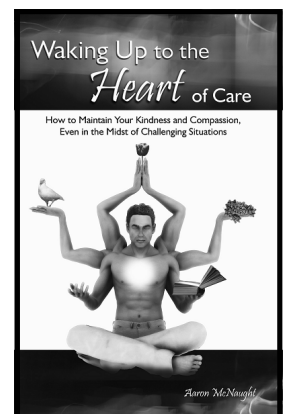
Waking Up to the *Heart* of Care

Will help you to:

- ✔ **Stay in touch with your values**, your deep life purpose and what really matters most to you, helping you to keep perspective and *'Not Sweat the Small Stuff'*.
- ✔ **Dramatically improve** your ability to deal with the stress, frustration, impulsiveness and emotional reactivity that comes between you and those you care about.
- ✔ **Learn how to manage workplace gossip**, backbiters, abrasive personalities, energy vampires, and **other potentially harmful characters...**
- ✔ **Discover the skills** and practices of the **compassionate arts** that allow you to live your life from deep within your heart, connected to others and full of joy (strangely, we are NEVER taught how to care about others)
- ✔ **Learn to silence the life eroding 'self-talk'** of your chatty mind, just by looking at it (like my Dad used to do to me when I was out of line...)
- ✔ **Find out how you can get paid to improve** your personality, your life, your job, and your relationships, all while touching the lives of those around you (I laugh every payday, because I know this secret)
- ✔ **Experience a variety of practices that will open your Heart**, leaving you unburdened, relaxed, alive, and in touch with what really matters.

Let Attention Training expert, speaker, and Registered Psychiatric Nurse Aaron McNaught explain why **Attention Training** is the single most important inner technology available to **Caring Professionals** today, and why **without it you are:**

- => **Highly unlikely to provide consistent, quality care ...**
- => **Far less efficient, effective, and productive ...**
- => **Wasting your Professional Development dollars ...**
- => **Caring for those you love while you're on Autopilot ...**
- => **Living much of your life ASLEEP, eyes wide open ...**



Register Before April 1, 2010 to receive the Early-bird Bonuses, Including:

1. The full MP3 audio recording of the workshop (value of \$47.00)
2. An *Implementation Phone Session* with Aaron (value of \$97.00)
3. A copy of the book *Waking Up* (value of \$17.00)

After April 1, there are no bonuses

Register online at www.wakinguptolife.com

Psst...
You Awake?

Register by cheque payable to:
Aaron McNaught Education/Consultations
Suite #2, 4917 48th Street
Red Deer Alberta, T4N 1S8

Psst...
You Awake?

For more information or group rates call 403.346.4882 or toll free 866.593.3040

Registration Form: *Waking Up to the Heart of Care* with Aaron McNaught,
Saturday, May 8, 2010 at the West Harvest Inn - 4025 Albert Street, Regina, Sask.

Registrants _____ x **\$77.00** _____ + GST = _____

Contact Name: _____

Organization: _____

Phone: _____

Email: _____

A sample of what they're saying . . .

Aaron shares his **insight, honesty, and compassion straight from the heart.**

Anyone exposed to his work will come away feeling his passion for what he is teaching.

~ Shannon Duncan, Author of *Present Moment Awareness*

If you're looking for something **new and powerful**, this is it. This **unique** marriage of Eastern philosophy & Western teachings delivers a **profound** message.

~ Cathy Fenwick - Author of *Healing With Humour*

An encounter with Aaron is **life changing**. My highest recommendations.

~ Marlin Marynick - R.P.N. - Regina Qu' Appelle Health Region

Aaron is a very captivating speaker and teacher, a rare individual that I hope to see on Oprah and say, "I know him!" ! ~ Anne Stone, Founder of *Women In A Home Office*