

The How Much Joy Workshop

Hear what past participants have to say...

"Becky is very genuine and extremely creative. She always has good insight and ideas...."

"Your workshop was very enjoyable, with a good, relaxed atmosphere. I wasn't ready for it to end!"

"Becky's Joy workshop was fun and very affirming."

"Your workshop was great! Thank you for encouraging me!"

"I really enjoyed how we all were able to express our unique creativity. I learned some new things and ways to put old thoughts together."

"Becky has a very positive energy that always makes me feel at ease...."

a few thoughts on Creativity...

Alan Alda

The creative is the place where no one has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.

Aurthur Koestler

Creativity is a type of learning process where the teacher and pupil are located in the same individual.

Albert Einstein

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.

Buckminster Fuller

There is nothing in a caterpillar that tells you it's going to be a butterfly.

Personal/Spiritual Growth Products and Services

Becky offers a variety of products and services for personal and spiritual growth including:

Guided Meditations

Affirmation Songs

Personalized Affirmation Meditations

One-on-One Coaching

Vibrational Healing Sessions

Soul Realignment Consultations

Intuition Development Program

Other Personal Growth Workshops

Please visit

www.YourSoulJourneyCoaching.com

for more information.



**Your Soul Journey
Coaching**

Becky Waters, Spiritual Life Coach/Intuitive Consultant

www.YourSoulJourneyCoaching.com

www.YourSoulMusic.com

Mailing Address:

105 Trigger Trail
Ardmore, AL 35739

Your Soul Journey Coaching

How Much Joy Can You Stand?

**A workshop about
pushing past your fears
and creating your
dreams**

**January 23, 2010
9:00 a.m. - 12:00 p.m.**

Are Your Dreams Getting Moldy?

- √ I feel like my life is controlling me, and I've lost all connection to my inner self.
- √ My kids, family and job are sucking the life out of me and I've lost sight of my dreams.
- √ I'd probably write the great American novel if I didn't have a television.
- √ I can no longer open the guest room closet because it's full of all the creative projects I started but never finished.
- √ I barely have time enough to feed my family, let alone feed my soul.
- √ I'd like to do something creative, but I haven't got a creative bone in my body.
- √ The last time I spent a day by myself was sometime in the late '80's

If any of these sound like you, read on....

How Much Joy Can You Stand?

How Much Joy Can You Stand? is a workshop designed to reignite your creative spark and get you going once again on the work of your dreams.

It's a fun day full of information, tools and exercises that will put you back in touch with the source of your inspiration. You'll learn more about your creative process and how to stick with your work even in the face of rejections, entropy and breakdown.

Push Past Your Fears - Dare to Create Your Dreams

Do you ever feel that life's challenges are throwing you curve balls? You try to get moving in a more positive direction but then wham - life happens! You feel like life is in control and you've lost all connection with your self? Kids, family and the job seem to be sucking away all your

energy? Or maybe it's the fear of failure that keeps you stuck in avoidance mode? Or is it that you're waiting for that magical "someday"?

It's time to take charge and get a fresh start on YOU! In the *How Much Joy Can You Stand?* workshop, you'll experience carefully targeted exercises, guided meditations and fun creative projects to help you push past your fears and frustrations. Its activities will help you restore the remarkable power you already have inside you to create, and help you re-experience the pure joy that it brings!

- √ Awaken the enthusiasm of your childhood
- √ Learn the 10 Truths about creativity that will help you push past fears and uncertainties
- √ Build a support network with other like-minded people
- √ Gather tools and ideas to keep you motivated and get you going on the work of your dreams!

About Your Workshop Leader



Becky Waters has been involved in creative pursuits and in living her dream as a musician/composer practically all her life. Her compositions have been awarded, honored and performed across the country as well as in Germany and Belgium.

Becky is passionate about helping her clients reignite their creative spark and move past their fear. Her message of creative risk taking, honoring our own unique gifts and the passionate pursuit of our dreams leaves audiences inspired and ready for action.

For more information on her personal and spiritual growth products and services, visit her websites:
www.YourSoulJourneyCoaching.com
www.YourSoulMusic.com

Registration Form

The workshop is \$45. **Pre-Registration is required.** Registration can be made by phone, or by mailing in this form with your payment to Becky Waters, or online at www.yoursouljourneycoaching.com/HMJ.htm.

Upon receipt of your registration and payment, an important **pre-workshop exercise** will be sent to you via email. Please notify us if you have not received this information by early Friday before the Saturday workshop.

Workshop Location: The workshop will be held at Pillars of Light Earth Goods Store and Healing Center, 300 S. Jackson Street, Tullahoma, TN.

Name _____

Address _____

City / St / Zip _____

Day & Evening Phone _____

Email _____

Payment Information

- I am enclosing a check for \$45 (please make checks to Becky Waters)
- I have paid / will pay On-Line
- Please charge my Visa / MasterCard (you may call in your CC # if you prefer)

Credit Card # _____ Exp. date _____

Signature _____

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