

Day Seminar: Inspiration – A Life of Fulfillment

Overview

The world is changing. We are moving from the age of Information to the age of Inspiration. The spiritual revolution has begun and it is being led by ordinary people seeking peace, love and joy in their lives. The drive of materialism grounded in the hypnosis of social conditioning and the incessant greed for more no longer gives people meaning in their lives. People are turning to spirituality to find meaning in their lives; to find the answer to the questions: "Who am I? Why am I here? Why do I behave the way I do?"

This one day seminar explores the principles of an inspired life. We will see that living spiritual principles will deliver us an inspired life. We will discuss connectedness and energies and the principle of oneness. Delegates will be challenged to ask themselves tough personal questions as to what is important to them and how much do they genuinely care about people. The fundamental principle is that a life on purpose in some way is connected to serving. We discover that serving others is what brings us true fulfillment; "It is in giving that we receive"- St Francis of Assisi.

We explore self and learn practical tips and techniques to living an inspired life – how can we make these principles real in the practical day to day lives we lead? If we do not have it inside of us, we cannot give it out to others. We will experience the Law of Attraction and discuss how it has played a part in our lives to date. More importantly how it can deliver us the inspired life we are searching for.

We focus on what gives people meaning and purpose, what enables them to feel connected to source. We look at what inspires people and how they can inspire others to live a fulfilled life; one of having an attitude of gratitude and practising radical humility. We explore matters of the heart and emotional mastery. Spirituality starts with me and when I am In Spirit (Inspired), my very actions inspire others to be better people. This is a life of fulfillment.

Seminar Duration - 1 day

Seminar Structure

Spirituality – What is it? What does it mean to me? How can I live it?

Inspiration – What is it? What does it mean to me? How can I live it?

Who am I and what is important to me?

Source, energy & connectedness – The principle of oneness

Law of Attraction – the importance of feeling good

Discover your purpose and find meaning in life

Affirmations, the link to the Law of Attraction and a tool for inspiration

Emotional Mastery and matters of the heart – their impact

An Attitude of Gratitude

Radical Humility vs. EGO – servant leadership

Love & Grace – seeking peace, joy and love

Meditation techniques and quietening the mind

Aligning a spiritual life to a work context – Authenticity and value alignment



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