



Love is Letting Go of Fear

"Based on material from A Course in Miracles, the lessons contained in this little book will teach you to let go of fear and remember that our very essence is love."

Back panel of Love is Letting Go of Fear

Many obstacles in life can be overcome by a change in perception and the application of a new attitude. Discover a practical way to create real change in your life by doing this daily practice. Share the experience with others who have the same commitment to living a life of peace and joy. We will be exploring the life-changing concepts of *Love is Letting Go of Fear* in a supportive environment – free of judgment and criticism.



As you study this material you will find that you are able to be more fully present in life. Pain from the past will begin to fade away. Fear of the future will diminish. Life will flow more smoothly as you apply these concepts to everyday challenges. Stop bringing the past into the present and sending it forward into the future. Choose peace.

Weekly practice at home will be required for attaining the most benefit from this class. Please bring your book to the first day of class.

January 6 – February 10
Wednesdays, 7:00 – 8:30 p.m.
\$120

Everyone is welcome. No previous experience necessary.

Ask about our sliding scale fee.

Please register by January 1, 2010.

Location: Two Worlds complex, Pleasant Hill Massage Group
101 Gregory Ln. #39, Pleasant Hill, CA

Amy Erez B.A., C.M.T., Reiki Master
For more information, contact Amy 925.934.3120
Amy@SugiHealth.com ✦ www.SugiHealth.com

To register make check to **Sugi Health** and send with registration form to:
2096 Hoover Ave., Pleasant Hill, CA 94523

Name _____

Address _____

Phone (_____) _____ Email _____