Life skills – Health and therapy

* Life skills is about being able to live your life consciously in every moment-as you choose a whole, integral human being.
* Life skills is not about learning some new techniques but understanding why old ones haven’t given you a sense of purpose.
* Life skills is about identifying and allowing the release of past patterns and conditioning which may no longer serve you.

Personal growth and self-healing

The life skills notebooks provide a “common sense” Self Help approach to personal Growth and Self-Healing. It’s about being able to do for yourself without creating dependencies on therapy for your physical, mental and emotional health.

For most people past education and patterns of conditioning turn survival into a battle of wits where the mind tends to “freeze frame” to understand each event in isolation.

As you can allow new Life Skills to develop, thoughts, feelings, emotions and images come without reactions. Each experience flows and gives way to the next as life’s kaleidoscope continually unfolds to represent a more expansive possibility.