



## HAPPINESS U CLASS MENU

*NOTE: All classes are a 60 mins, but can be shared in a longer format such as a 90 minute or 2 hour class for an additional fee. "PPT" next to the title indicates that this class is accompanied by a visual slide presentation.*

*An asterisk (\*) by the title indicates our signature classes or the most popularly requested classes.*

### ALIGN YOUR SPACE

#### **\*Break Up with Your Belongings**

We've all been in relationships that came to a point when we knew it was unhealthy, and best to "move on" from, and "let go" -- this is also true of belongings. Many of us find it hard to let go of things even when we know we want to. This is due to emotional attachments formed with objects. This class will help you get clarity on why you are holding on to certain things, as well as help you clarify what to keep, what to donate, what to give away when looking to clear your life of clutter (emotionally and physically).

#### **\*Clutter Clearing Plan 101 (PPT)**

Do you have clutter in your environment you want to clear out, but could really use an actual plan for how to do so? Do you want guidance on what to keep, and what to get rid of? Would you like some help in letting go of the, "I can't get rid of it because it's still good" mindset? If so, this class will not only show you where to start, it will give you the inspiration you need to move forward. Our clutter ties us to the past and holds us back, energetically, in many ways. So whether you have monumental clutter, or just a small cluttered area, bring your calendar (yes, we will schedule your first clutter clearing appointment at the end of class), and let's get started on a plan to reclaim your energy and your power!

#### **\*Feng Shui 101 (PPT)**

Do you want to create an environment that is a source of support for you? If so, this class is for you. In just one class, you will learn the basics of feng shui and be able to fully grasp the essence of it so you can go home, and make simple and immediate changes that will make a big difference in the energy flow. You will learn why feng shui is so confusing, how it works, the must-know three basic rules, and have the opportunity to ask questions about your own home at the end of class. By practicing feng shui principles in your environment with intent, you can raise your potential of manifestation on many areas of your life. Add ease and flow to your life by understanding how to create an energetically supportive environment (and it's not all about clearing out clutter!)

#### **How to Bless Your Home Yourself**

Many people believe that a house or office blessing needs to be performed by a priest, reverend, Kahu or someone "trained" or licensed to do blessings. However, did you know it's possible to do your own blessing effectively? Join Alice as she shares with you what a blessing is, how it works, and why it's important to clear the energy from time to time. Learn two blessings that you can do yourself, or with your friends and family in participation - a Ti Leaf Blessing, as well as a Feng Shui Blessing. Before Alice opened Happiness U, she worked as an ordained minister, and over the course of her career blessed hundreds of homes and businesses. Learn something you can do immediately to make an energetic difference in your home or office.

### **How to Live Life Without Clutter**

We all know that clutter is something to let go of, but how do we do that? Where do you start? Just like in a relationship we no longer want to be in, we have to "let go" - and this is also true of our belongings. Many of us find it hard to let go of things even when we know we want to, due to emotional attachments formed with objects. Our time together will help you get clarity on why you are holding on to certain things, as well as help you clarify what to keep, what to donate, what to give away, when looking to clear your life of clutter (emotionally and physically).

### **Mega Clutter-Clearing Inspiration**

Join Alice Inoue at Happiness U for a class that will cover all aspects of clutter and how to efficiently and positively get started on clearing it. You will receive effective strategies and personal advice on what to do and how to begin. As a former feng shui consultant and teacher, she will reveal little-known ways to move through the typical obstacles that people run into based on her dozens of years in this field. Everything from house clearing to closet clearing, understand the psychology behind clutter, as well as the bigger picture plan, and get inspired to start your journey towards freedom.

### **Simple Feng Shui Moves for an Immediate Energy Shift**

If you just want to "do something" to get the energy moving in your life, this is the perfect class. Alice will offer her wealth of feng shui knowledge and customize strategies for you to get what you need from your home or office space, without needing a lot of time or money. A few simple shifts can completely change the energy and raise your manifestation potential on multiple levels. Find out what that is for your personal space. Whether it's wealth, health, career, or love, join us for some inspirational ideas to change up the environment.

### **The Art of Tidying Up**

If you are the type that is interested in anything that has to do with organizing and decluttering, you have probably heard about the best-selling book from Japan titled, "The Life Changing Magic of Tidying Up". When I heard of its popularity and the 50 persons waiting list for the library copy, I knew I had to see what all the fuss was about. If you haven't read the book yet, let me give you an overview of the book and the key points to the "KonMari" method. It is revolutionary in its method, and takes tidying to a whole new level. According to Marie Kondo, if you simplify properly, you'll never have to do it again. She has a category-by-category system that leads to lasting results. Come and hear the basics, make your plan, and see why I think this is the way to declutter!

### **The Top FAQs of Feng Shui**

A class designed to answer your most commonly asked questions about this multi-faceted ancient practice. Inquiries we will explore include: How do I use mirrors? How do they help my environment? What about water? Do I really need to put the toilet seat down? Can I use silk plants or do they all have to be real? I want to paint but can't decide what color. What is real and what is a superstition? We have all your answers on how feng shui and your environment interconnect.

# GET PRODUCTIVE AND ORGANIZED

## Avoid Distractions 101

Do you need a plan to stay focused? Do you find that you have a lot to do, but by the end of the day have nothing to show for it? If so, you may just need some new perspectives on your life. During class we will write and examine your "to do" list, break it down in a new way, and look at it from a different perspective, giving you greater clarity. This will allow you to adopt new strategies and set boundaries. Leave class with a new plan. Distractions cease to exist once you define your focus. If you don't put some effort into finding out how you can live a life that inspires you, your whole life will end up being just one big distraction.

## Create a Mastermind

When it comes to getting what we want in life, having a clear focus and unwavering intent are vital keys to attaining our goals. Many of us make individual lists for ourselves and have an idea in our mind about what we are looking for in life, yet neglect to see the source of strength and power that pooling those visions with other people can promote. Join us for this informative session; showing how sharing a defined focus of intent for ourselves, as well as holding each others' visions of success in a safe place, can become a collective force for manifestation and empowerment. Let's come together to mold our own masterminds, then celebrate by sharing this new knowledge with others in support.

## Eat That Frog: How to Get the Stuff You Need Done, DONE

Mark Twain said, "If you eat a frog first thing in the morning that will probably be the worst thing you do all day." What author Brian Tracy did was take that quote and write his book around it, recommending that if you do the task that you have been procrastinating on first, all other things you have to do that day will not seem as bad. There are 21 effective methods that we will cover in this class to help you beat procrastination and get much more done every day! If you want to be more productive, you will come away with tangible ways to do so.

## Increase Your Energy for Greater Productivity

Join Alice Inoue of Happiness U to gain profound awareness of how you can operate at your best physically, emotionally, mentally and spiritually by optimizing the four sources of energy you utilize daily. Learn how to replenish your energy so you can get more done in less time at a higher level of quality, and in a more sustainable way.

## \*Learn the Strategy of Pre-Paving

It is inevitable that you will face things that will throw you off a bit, stress you out, or give you some anxiety. Most times we just live each day hoping that everything will turn out okay. However, did you know that you have much more control over the outcomes of these challenges? Come and learn a strategy that you can use for the rest of your life, which will help you to take control of the outcome of every situation, and give you a focus that will help you to manifest the outcome you desire, instead of worry about the outcome that you don't desire. Alice has used this technique for over a dozen years with great success.

## Set Goals, Not Resolutions

Goal setting and resolutions are something everyone does at the beginning of the year and they struggle to achieve it during the year and often give up. Learn how to set goals that you will stick to and have success at and how to avoid goal setting that will end up frustrating you. Your goals need to be aligned and congruent to what you truly value. Many times we set goals based on what we think is "right" or what we think we "should" do. When we set goals based on anything other than our true desires, we will need outside motivation when it is time to do them. Let's set goals that inspire you, goals that make you feel grateful when you work on them, goals that you want to do when you wake up in the morning. The types of goals that manifest are the goals that truly inspire you. Come gain clarity on why the goals you set are not manifesting and what goals you need to set instead!

### **The Best Calendar Organization System Ever!**

Do you have to keep track of many deadlines? Are some recurring and some not? Do you juggle multiple schedules? If so, Alice will show you the system that she uses to keep track of multiple projects, multiple due dates, and help you organize your "to do's" a little more, so you can be more efficient on a day-to-day basis, see at a glance what you have going on, and never miss a deadline again.

### **What You Can Do When Your Life is a "Mess"**

Manage the things you can and can't control. Your house is a mess, you're behind on your projects, you need to take care of your health... there's something to do everywhere you look and you don't know where to start. All of this leads to stress and sometimes we feel we don't know how to take control of it. Join Alice in this class, as she shares how we typically deal with stress, and what the latest in psychology says about the best way to approach any stressful situation - and that is "meaning-focused" coping versus "problem-focused" or "emotion-focused." Come away with step by step ways to revamp how you see your situation, and get moving in the right direction.

# MAKE LIFE EASIER

## \*Banish Stress & Worry 101

Do you worry about things that you have no control over? Do you live each day with more than an average amount of stress because you worry about the outcome of something? Worry is our most common daily mental activity and holds us back from inner freedom and happiness. It is the greatest misuse of our mental energy, not to mention a complete waste of time. This class is for you if you'd like to take steps towards trusting life more, right now, in the present moment - instead of hoping for the day when there is nothing in your life to worry or stress out about (which will never happen). Any worry you have is simply anxiety based on an idea you have in your head, a scary story that hasn't happened yet, which in turn leads to more stress. Come and find a new perspective so you can enjoy more and worry less.

## Empowering Truth & Trust in the Workplace (PPT)

How do you know if someone is telling you the truth? Learn how to read verbal and nonverbal cues to help make effective business decisions. Get ready to improve outcomes with clients, patients, colleagues, and customers. Join Alice Inoue, of Happiness U, as she discusses how to turn evasion into conversations of truth.

## Free Yourself from Fear: Just Do It!

Is there something in your life that you want to take action on, but can't seem to be able to take the first step? One of the reasons why we avoid taking action is because at some level, we don't believe we deserve more. The other is because of fear. If you want your life to change, you have to make a change, and no one has the power to do this for you. In this class we will clearly identify your underlying fear or fears from the seven main fears that hold people back from taking action. You will be guided through a process of collapsing these fears so you can change your perspective and not only feel inspired within, but confident to take action.

## Get Along Better with Anyone

Learn how to generate peace and harmony in your communication with others, as well as techniques that will automatically deflect verbal challenges. Come away with an understanding of how to deal constructively with everyone you communicate with. Learn tactics, words and phrases that will allow you to better handle people you interact with. We'll also take a look at communication from a non-ego standpoint, with the final goal being an attitude that takes you away from embarrassment and frustration and leads you to diplomacy and kindness.

## Get Over a Betrayal

Are you having trouble "letting something go"? Did someone "do something to you" that you'd like to move forward from? This class will focus on looking at the situation from a different perspective and help you to begin to see a new reality of what happened. Come with an open mind and see how this situation could be getting you to be more aware in some way. Challenging situations always bring a gift of a new perspective. The sooner you can see it and get the lesson, the less of a charge there will be, and the sooner you can move forward and use your energy for more productive things in your life.

## Get Over It 101

Do you have a situation, or is there someone or something that is zapping your energy? Do you feel angry, resentful or betrayed? Sometimes it helps to see what happened from a different perspective, and understand that the way to let go is not to "forgive and forget", or to judge what the other did as wrong, but to see how the situation came up for you to learn something, and grow from. Whether what you are holding on to is a minor or major thing, if it happened in the past or is very recent, if it's still in your life, you can gain value by seeing the bigger picture. This class is for you if you're ready to balance it out and move forward, or at least take a step to feeling better about it.

### **Get Unstuck 101**

Do you feel stuck in your life in some way, as if you aren't moving forward in the way that you want? There are many reasons we can feel stuck in our lives. Perhaps you are in a job, relationship or situation that you are not inspired by, but feel that you can't leave because of certain obligations or dynamics. Or, maybe you find yourself doing the same thing over and over, knowing that you need to make a change, but not knowing how. This class will address being "stuck" from a different perspective and bring a new awareness to your being. Come get insight into what may be keeping you in a stagnant place and how you can find a new path forward.

### **Have Verbal Confidence**

Have you ever wished in hindsight that you handled a certain conversation better, or that you had a better response to a comment that was made? There are two categories of people in your life. The first is people you don't want to mess up your relationship with and the second is those that you don't care if you ever see again. In every conversation, you want to begin and end it in a way that you feel were successful at. This class will talk about how to handle stressful conversations, neutralize an uncomfortable situation, when to be silent or speak up, how to redirect focus and how to calm people down.

### **Healthy Money Mindset 101 (PPT)**

Do you stress out because you don't have enough money? Do you wish you had more money so that you could do all the things you want to do? The stress you have about your finances is one sure thing holding you back from more financial abundance. If you change your mindset about money, you naturally change the way you manage it, which can make a big difference in your financial flow. This class is for you if you are open to creating a new relationship to money. If you value money but don't value the saving of money, it may be the reason why it flows out of your life. Let's spend some time getting conscious about money and breaking through your own limiting view on abundance!

### **How to Focus in a World of Distractions (PPT)**

Can we reclaim our time, our mind, and our lives, in a time where everything feels busier, more distracting, and distinctly more overwhelming than ever? We all check our emails at dinner, get impatient if a web page loads slowly, or stay in front of the computer longer than we really want. How do we stay connected without losing productivity and without losing the ability to really live. Join Alice as she explains the critical components needed for focus, what hijacks our focus, and when to see distraction as acceptable. Learn about the ways to tune into your life and your world, without tuning out of the current times we live in.

### **How to Say No 101**

Do you say "yes" when you want to say "no"? Do you wish you could get out of certain responsibilities and commitments but just don't know how to - without feeling guilty? Many of us have been conditioned to live our lives according to others' rules (society, perceived authorities, traditions, parents, cultures, spouses, etc.). This creates perceptions on how we should live our life and by doing so, we get caught up in living outside of our true selves. You are not destined to be a doormat forever, especially if you choose to put forth the effort to learn the skill of how to say "no" and why it's sometimes the best thing you can do for yourself. If you don't value your time and energy, no one else will. Come and learn how to get on the "no" train and feel good about it.

### **Make Any Relationship Way More Positive!**

How? By understanding rapport! Why is rapport valuable? It helps people feel validated. Learn an actionable process for how to treat people exactly how we all wish we were treated! If you are going to focus on others, how do you do it well? Using social and evolutionary psychology, as well as interpersonal skills, learn what to do to make someone you are close to, or even a stranger, feel extremely comfortable. This class will cover simple steps that when used completely or in parts, will have a profoundly positive impact on the quality of any relationship in your life.

## **Memorizing and Remembering Can Be Faster, Easier, Lasting, and Fun**

Learn how to "memory cement" what you need to remember in your brain. When you need something "right now" - like a key, or a pair of reading glasses - having a spare nearby can save you a lot of time and energy. The same goes for information and for things you need to remember. If you want to remember something more easily, you can actually learn how to store duplicates of that information in multiple locations of your brain. Does this sound interesting? If so, join Alice as she shares how you can store what you want to remember in multiple areas of your brain so you can benefit by having faster access to the information when you need it.

## **\*Overcome Overwhelm 101**

Do you feel that your life is filled with challenges or obstacles that seem to hold you back? Are you overwhelmed with all you "have to do"? The more overwhelmed you are, the more uninspired you tend to feel – and this results in living a life that is further and further away from who you really are. Feeling overwhelmed by physical, emotional, mental or spiritual aspects of your life comes from not fulfilling what is truly most important to you. This class will help you to see why you feel overwhelmed and where you can draw stronger boundaries, or learn to let certain things go (even if you think there is nothing you can let go!). This will enable you to consciously make choices to operate from your heart, and you will find that things will align, and opportunities will appear to help you move on your path with greater ease.

## **The Games We Play as Adults**

The communication and conversations we have with others can either be productive or destructive depending on who we are talking to. Some people we get along great with and others say things that just rub us the wrong way, causing us to react or get emotional. We lose productivity, momentum, energy and easily generate ill feelings towards them. When we see others be passive-aggressive, act bossy, be judgemental or childish at work or at home, how do you best respond when you see these behaviors in adults? This class will focus on the simple structure of our personalities when we interact in groups and how to see what's really going on! Understand your own thoughts and behavior as well as others and learn the simple key to change it all.

## **The Way to Find Any Answer to Any Problem**

Explore techniques to help you tap into your inner wisdom for guidance. Our lives are filled with questions that we seek answers for. When we are at a crossroads, or uncertain, the need to find an answer or solution is greater. What are the different strategies and techniques available to us to find answers? This class will go over a handful of ways to get answers to what you need to know, so you can make the right decision. From questions you can ask yourself, to "divination" tools to different helpful approaches, use this class as a "resource" for help for the next time you need an answer or want to help someone else find one.

## **TRUST: Gain It. Sustain It. Protect It.**

Why is it that you trust certain people? Why is it that some people can't be trusted? Trust is such an intangible thing. We "feel" trust, but how do you tangibly understand this very important building block for all relationships - from personal to professional? Learn the components and indicators of trust - from the core of what makes you trust someone to the things you do and say that others view as trustworthy. Trust can be looked at from a simple but profound way. Learn what will help you in all your relationships.

## **Why Don't You Develop Better Habits?**

Habits are the invisible foundation of our lives. When we have more good habits than not, we are more likely to be productive, healthy, and happy. Do you ever wonder why it's so hard to acquire habits we want to have? And why do we continue bad habits even when we are aware we are doing it? If you've wondered about these things, let's answer these questions and find out what your "loopholes" are for habits you want to form, and how to counter them!

## **Why You Procrastinate and How to Overcome It**

When you procrastinate, all you are doing is passing the task to your future self. Sometimes procrastination leads to more stress. Why do we do it so much, if we know it's better to do things in a timely manner? This class will explore the five reasons why you procrastinate and what you can do to accommodate your type of procrastination habit - including, seeing procrastination in an entirely different stress-free way!

# GROW YOURSELF

## Are You Driving Yourself Crazy?

Sometimes we think it is others that drive us crazy with their habits, words, judgments, and more. However, in truth, you may be doing things that are contributing towards your own “insanity.” Join Alice for this class as we cover the specific things that you want to avoid in order to keep your life as balanced, and as sane, as possible. Do you tend to do any of the following on a regular basis: Procrastinating until there is an emergency, maintaining untruths, focusing on what you don't like, having unrealistic expectations of yourself and others, competing in an unhealthy way (with your ideal or others) Say, “I should have. . .” If so, this class will be a great check-up for where you could be holding yourself back, and what you can do to let go of the insanity and move towards being optimally productive.

## Be Judgment Free 101

Do you tend to strongly judge others based on what they do or don't do? Do you see your way as the “right way”? Even if outwardly you are helpful, and polite, if many of your inner thoughts are critical – constantly sizing up, dismissing and diminishing those around you, you will find value in this class. Being judgmental of others takes up a lot of mental space and is very revealing. Often what you dislike most in others, is a reflection of something in you – though your ego would never let you believe it. When we judge others we put ourselves above them. Come to this class if you want to see the other side of it, be more open and take a leap forward in your personal journey and transformation.

## Body Language of Natural Confidence

Get ready to teach your body to “speak” with the competence and confidence that will make you stand out in meetings, groups and your family without ever saying a word.

## Boost Self-Esteem 101

Do you find that your self-esteem is stronger in some areas of your life and is weaker in others? If your confidence seems to be fading away, or is virtually non-existent in the area of relationships, career, finances or life in general, nurturing it will boost your self-esteem, and help you to feel more empowered in your life. This class is for you if you tend to undervalue your time and energy, jump to negative conclusions, see only the downside when it comes to yourself, reject praise for your achievements, and confuse your feelings with facts such as, “I feel like a failure, so I must be a failure.” Let's break through some old patterns, challenge the past, and open up to new experiences and opportunities!

## Create the Aha Moment to Solve Your Problems

What if finding the answers that are right for you could take much less effort? You have all the answers for your life inside of you, yet, if you're looking for new insight, a new way to access it might be all you need. This class will show you how easy it can be to come up with new solutions to your challenges, obstacles, and problems. Open your mind to new possibilities and understand the way your built in system of problem solving is already working for you.

## \*Crush Negativity (PPT)

Understand everything there is to understand about negativity – from the micro to the macro. This class will help you to understand the intricate balance of life, and how negativity serves a purpose and serves your life. Come away understanding how to manage your negative thoughts, how to look at negative events differently and how to find the balance in any situation you encounter where you feel it's more negative than positive. Once you see how negativity isn't as bad as you think, you can transform how you operate and find a greater sense of peace.

## Do You Have a Poor Person's Mindset, Yet Want a Healthy Money Mindset?

Do you stress out because you don't have enough money? Do you wish you had more money so that you could do all the things you want to do? The stress you have about your finances is one sure thing holding you back from more financial abundance. If you change your mindset about money, you naturally change the way you manage it, which can make a big

difference in your financial flow. This class is for you if you are open to creating a new relationship to money. If you value money but don't value the saving of money, it may be the reason why it flows out of your life. Let's spend some time getting conscious about money and breaking through your own limiting view on abundance!

<https://smartcookies.com/what-kind-of-spender-are-you/>

<http://www.moneyguy.com/2016/12/whats-your-money-mindset-heres-3-ways-to-find-out/>

<https://medium.com/personal-growth/the-hidden-sign-that-you-have-a-poor-persons-mindset-13203d676a4c>

### **Get Out of Your Own Way**

Do you find that you get in your own way? Does your mind trap you in self-doubt to keep yourself from advancing? Do you think to yourself, "I can't change" or, "I shouldn't feel this way"? Or maybe you are afraid of failure or tend to blame others consciously or subconsciously for holding you back. Are you a perfectionist and need the situation to be perfect before you make a move? In this class we will look at ourselves objectively and find a "trap" that you may be in that is holding you back from getting to where you want to go - and see how you can get out and move on.

### **Goodbye to Guilt 101**

Do you have any of the following types of guilt? Financial guilt - when you buy something frivolous for yourself, or pay more for convenience sake; Friend and Family guilt - secretly dislike certain members of your family, or purposely avoid contact or Kid guilt - take a yoga class instead of doing something with them, or have to work during an important event for your child. You may even have a general free-floating guilt or sometimes allow others to put guilt trips on you. None of which feels good! Guilt is an emotion that arises when we unrealistically assume that what we have done (or not done) is bad, when in fact, it's our perception that's imbalanced. This class is for you if you are ready to say goodbye to guilt and develop new, healthier ways of looking at your actions.

### **Habits: Why We Do What We Do**

Learn the very latest on why habits exist and how they can be changed. Come get a whole new understanding of human nature and our potential. The key to exercising regularly, losing weight, being more productive, and achieving personal success, is understanding how habits work. Learn the most efficient way to kick your bad habits and hang on to the good ones. Alice will share the "golden rule of habit change" so you can understand how to modify your existing habits in order to create new ones. What habit do you want to change? Let's make a workable plan.

### **Happiness 101**

Do you want to be happier? This class will show you where your happiness is, what's taking you away from it, and how you can steadily move towards a happier place in your life, and in your heart. If you feel a sense of dissatisfaction with your life, or feel unhappiness in your heart that you can't define the source of, it's time to get back in touch with your-self. Happy people are healthier people, they live longer and reportedly have "better" things happen to them. Most importantly, they see life through a different perspective. There is now scientific proof that happiness is not a personality trait, it's something that can be learned and you have much more control over your happiness than you think, even if the challenging circumstances around you don't change. Being happy in life has so many advantages - maybe it's time for you to get happier!

### **How to Be More Resilient**

Life is hard and sometimes it is just not fair! We can think that if we work hard, do what we need to do at home and at work, things should go well... however this isn't how life works. Sometimes out of the blue, adversity strikes, or the unexpected happens bringing situations into our lives that are completely out of our control. Resilience is the ability to withstand and recover from challenges such as losses and life disruption. The good news is that resilience can be learned and is something that can be developed in anyone. Join this class to learn more about how to develop resilience even when things are going good, and what tools and strategies to implement when things are challenging, so you can bounce back and get into the flow of life sooner, rather than later.

## How to Break Any Habit

We all have good habits and bad habits that we want to get rid of. Bad habits, especially, once formed, are hard to break! Join Alice as she shares the latest on science and psychology about habits and how to break them, and create a master plan for breaking your bad habit once and for all. Bad habits are usually ones that were developed during times of stress or boredom and waste your time and energy. Let's put some new energy into shifting from the old. Come with a habit you want to break, and let's create a strategy that will lead you towards success. It doesn't matter what it is - if you want to change it, let's give it a try and consciously replace your bad habit with a more empowering state!

## \*How to Manage the Negative People in Your Life (PPT)

If you live with, work with or are forced to interact with negative people, then this class is for you. Learn why people are negative, what *not* to do, what you need to do to save your precious energy, and how to manage your life when with these people when it seems that all they want to do is bring you down.

## How to Optimally Get Yourself to FOCUS!

Do you ever want to get focused on something and find that no matter what you do, you get distracted? Did you know that your brain makes choices without you? This class will teach you the concepts of focus. There are choices you can make to be more focused that you probably do not know about! Come learn how to apply the latest in brain and behavior studies so you can test your focus, and better understand the types of distractions that take you away from doing what you ultimately want to do. This class will give you the tools and strategy to improve your focus.

## How to Reprogram Yourself Subconsciously (PPT)

We think we are living our lives consciously, but research now shows that 95-99%(!) of what we do comes from our subconscious mind. The subconscious is what allows us to walk, talk, and perform without having to think about it - which is great, but the subconscious has also accumulated years of habitual programming that we are not even aware of, and this can hold us back. Your subconscious mind may be self-sabotaging and limiting you in ways you don't even realize. Join Alice to understand what it takes for you to break away from what's holding you back, and exactly what to do to get what you want!

## Let's Move Our Bodies

Scientific evidence is mounting – that moving our bodies changes our brains, and it is one of the best ways to foster a chemical reaction that leads to happiness. Dopamine, a chemical in the brain, is necessary for us to feel pleasure and happiness, and we help to release dopamine in our brain by moving. So, let's shake it up and meet in the parking lot in Kap'iolani Community College, across from Diamond Head Theater, for a quick talk about movement and the latest on how it affects us positively, and let's have a class while moving our bodies. Wear comfortable clothing and shoes and bring water. Nothing strenuous, just some walking, breathing, stretching, and fun and simple movement. (THIS LINK TO GO IN THE DESCRIPTION) <https://www.nytimes.com/2017/01/25/well/move/get-up-and-move-it-may-make-you-happier.html>  
[http://time.com/4966319/exercise-depression-study/?utm\\_source=time.com&utm\\_medium=email&utm\\_campaign=health&utm\\_content=2017100618pm&id=newsletter-health](http://time.com/4966319/exercise-depression-study/?utm_source=time.com&utm_medium=email&utm_campaign=health&utm_content=2017100618pm&id=newsletter-health)

## Mastering Fear with Courage

Some avoid taking action because at some level, we don't believe we deserve more. Identify underlying fears and learn how to conquer with courage by learning the seven types of fear that hold us back.

## Mind Yoga for Flexible Thinking

If yoga for the body gets us more limber and helps loosen our bodies up so we have less pain and more flexibility, then think about mind yoga as something that can help us be limber in thought. Let's learn and actively practice mind "poses" in this class to help us break up with stress, gain clarity, relax the monkey mind, or put focus on a new vision.

### **\*Positive Mindset 101 (PPT)**

Do you wish you could be more “positive” about things in your life, and things you see going on around you? Do you find yourself thinking “negative” thoughts and then telling yourself that you should be “more positive”? If so, this class is for you! There is a huge collective myth around “being positive,” and many believe that if we keep thinking positively, eventually all the negative will go away and we will feel balanced. This class will show you why that will never happen. Learn how to move out of a skewed perspective of what “positive” is, and embrace a healthy mindset and balanced outlook about how you are “supposed” to think. There is so much more to “thinking positive” than you can imagine and once you “get it,” you are set free.

### **Reinvent Yourself: A New You**

There’s nothing wrong with the current “you,” but you may just need a boost or hear something that will catalyze you towards a positive change. Do you need more confidence? Would you like more motivation to reach your goals? Understand risk-taking and the importance of growth. Let’s explore some key principles that bring success in life and focus on what the most important goals are for you, and how you can jumpstart your journey. There are no limits in life, except for the limits that you place on yourself.

### **Rewrite Your Past to Renew Your Present**

Reframe your perspective with awesome techniques, and reshape your own story. You are the story that you tell about yourself, and those stories that you tell yourself help you make sense of your life. These stories were never “fact-checked,” and these stories could very well be holding you back from your own happiness because there are a lot of untruths woven into them. So whether you think that the past was better, a traumatic event is still holding you back, or you think you need a better relationship, job, or life, join us to learn how to rewrite your memory of the past to make the present more open, valuable, and relevant.

### **\*Say Goodbye to Irritating People (PPT)**

When people irritate you, no matter what you say or do, or how much you try to ignore them, have you noticed that these people still get under your skin? When you don’t understand why certain people annoy you, they will continue to do so!

Learn how to resolve relationship annoyances without nagging outwardly or fuming inwardly. Believe it or not, it’s not what someone does or doesn’t do – it’s what the action represents to you. Come and see for yourself the deeper meaning behind those irritating people, and leave with a better understanding of how to “face” them without losing your own precious energy, or losing your sanity.

### **The Best Way to Age in Order to Stay Young**

Combat the negative influence of subliminal messages. Your attitude towards aging makes all the difference, but what is influencing your attitude? It’s all about subliminal messaging. Come learn about where this messaging is coming from and how you can be more aware of what is speeding up the clock for you. Aging is real. As people age, skin gets thinner and muscle mass decreases, but if you internalize the negative stereotypes of aging thrust upon you by the outside world, your performance can decline faster than your biology! Let’s discuss aging, see what you believe, and how you really are as old as you subliminally think you are!

### **Think Well, Age Well**

Your attitude towards aging makes all the difference, but do you know what is influencing your attitude? There are negative subliminal messages going on that actually speed up the clock that ages you. Aging is real and as you age, skin thins and muscle mass decreases but if you internalize the negative stereotypes of aging that is given to us by the outside world, you will age faster than your biology! Let’s have a dialogue about aging, see what you believe and find ways to decrease the negative subliminal messages.

## **You Make Me Crazy**

Master the art of dealing with people who make you nuts, that trigger you into the role of adult, parent, or child. Practice techniques to avoid dysfunctional thoughts and behaviors that create balance and harmony in those relationships that have been emotionally charged.

# SPIRITUAL AWARENESS

## All About Lucid Dreaming

Lucid dreaming is a powerful state of awareness that can be used to your advantage to experience being free from waking-state limitations. During lucid dreaming you can consciously observe or control your dreams, and it is as if your brain switches into waking mode inside your dream! Learn valuable tips and techniques on how to get into lucid dreaming. Hear about the scientific research that is now available, that supports lucid dreaming, and how you can use it for personal growth, in depth insight, and transformation.

## Bless and Be Blessed

Help bless the new Happiness U, and in the process learn two blessings that you can do yourself, or with your friends and family in participation - a Ti Leaf Blessing, as well as a Feng Shui Blessing. Many people believe that a house or office blessing needs to be performed by a priest, reverend, Kahu or someone "trained" or licensed to do blessings. However, that is not true! Join Alice as she shares with you what a blessing is, how it works, and why it's important to clear the energy, especially in the new year.

Before Alice opened Happiness U, she worked as an ordained minister, and over the course of her career blessed hundreds of homes and businesses. Learn something you can do immediately to make an energetic difference in your home or office.

## \*Demystifying the Unseen: Explore Fascinating Topics Such as Karma, Soulmates, Universal Laws, Channeling, Superstitions, Mediumship, Clairvoyance, the Higher Self, Telepathy, and More (PPT)

This event will be an informal and basic introduction to the mystical and unseen world that we live in, presented in an way as to bring clarity to highly questioned topics. The more you understand the elusive world of the unseen the better you can manage the tangible aspects of your lives. If you've ever wondered about any of these topics, or had questions that you didn't know who to ask, this is the perfect opportunity. Prior to opening Happiness U, Alice worked professionally as a medium for seven years, and has substantial insight to share when it comes to the "other side of the veil."

## Dream Interpretation

Do you ever wonder what to make of some of your dreams? Do you have recurring dreams and want to explore some symbology? Dreams can help us get insight into our lives and can be used as tools for deeper understanding. Dreams are like windows into our subconscious mind that allow us to see the information that is flowing in or out of it. Dreams can communicate feelings, thoughts, ideas, and needs that are hidden when you are awake. Come join the discussion on dreams and see what opportunities you may further seek by connection with information from our higher consciousness.

## Experience Multiple Styles of Meditation

Meditation is known to help keep your body and mind healthy. Meditative practices have existed for centuries, and the use of meditation has increased in the last decade. Have you ever wondered what the difference is between all the meditation styles out there? Meditation techniques have evolved from Hinduism, Christianity, and Buddhism, and can be classified under five categories. Come and learn about all five categories and the techniques that can help you gain what you are looking for. After the talk, Alice will lead you through a concentration meditation, a reflective meditation, and close with a heart-centered meditation.

## Get on Track with Universal Laws

Do you sometimes wish that life was easier, that you could manifest faster, or understand how to get to where you wanted to with less obstacles? If you sometimes feel that life is working against you, or you just want to know more of how to make life work for you, this class is the key. Understanding universal law, the spiritual extensions of physical laws (such as The Law of Gravity) helps you to understand what governs the unseen world of energy. You may have heard about "The Law of Attraction"

– this class covers it, and many of the major laws, such as the Law of Karma, the Law of Abundance, the Law of Opposites, and many more. With these laws as the foundation of your understanding, you will be in greater control of your life.

### **Insight from the I Ching Oracle**

Come and learn about the I Ching, also known as the “Book of Changes”, and get insight on a life situation, or get answers to ponder for a specific question. The I Ching is an ancient form of divination, and the oldest of the Chinese classics, and provides inspiration and wisdom to help one understand life. The I Ching uses a type of divination called “cleromancy”, which produces apparently random numbers that are turned into a hexagram which are then looked up in an I Ching book. The answers are symbolic, yet can provide deep wisdom and insight into any situation. Join us for an hour of significance and synchronicity.

### **\*Life Purpose 101**

Do you feel that you are uninspired in some way, living life without clear direction and purpose? If so, be assured that no matter how you feel about your life, you are definitely here on earth for a defined purpose. When you know your purpose, you not only feel more fulfilled but you can also make a contribution to humanity in a manner that is uniquely yours and create a foundation for the path you want to travel in life. This class will reveal the multidimensional layers of your life’s purpose and help you identify the best direction forward. Come away with an understanding of your true values and a simple, yet profound personal purpose statement that you can use daily as a roadmap for your life.

### **\*Meditation and Affirmations 101**

Do you want to learn to meditate? Have you ever tried to meditate and didn’t know if you were doing it right? What is the importance of meditation and how often should you do it? Are there different ways to meditate other than just “sitting there”? What if you can’t stop your active mind while meditating? All these questions will be answered, and more. Meditation has become popular, not just for spiritual reasons, but also as a way to find balance and well-being. The first half of this class will be about the benefits of meditation, affirmations, visualization and setting an intention. The class will close with a relaxing guided meditation with music, to help you connect to your spirit of joy, peace, and balance.

### **Understanding Divination**

Is there a way to “tell the future?” Can one accurately predict what’s going to happen in time? Can we get useful insight by using divination tools? There are numerous methods of divination from different cultures and time periods. This class will be a discussion and practice of the most common ones. Bring your questions and curiosity, and get further personal insight and understand more of “how it works.” Divination is a systematic method with which to organize what appears to be random facets of existence such that they provide insight. Cards (Tarot), stones (Runes), pendulum, and the I Ching, are a few of the methods we will discuss. Some find these tools to be helpful on their journey of life, and others find them to be nonsense. Only you will know what resonates with you. This class is a simple offering of information, not a class to sway you to “believe” or use them in your life.

### **Understanding Spirituality 101**

Do you think of yourself as a “spiritual” person? How does being spiritual differ from being “religious”? How do you define your spiritual belief to others when they ask you? Is it what you do, who you are, or how you feel that makes you spiritual? Join this class to get all your questions answered about this controversial topic, and understand for yourself, what your form of spirituality is. Learn how being spiritual is not about what you do or about who or what you believe in, and how it’s simply a matter of your state of consciousness, and your approach to life. This class will help you better understand your connection to your heart and your spirit, so you can be more inspired and confident in your life in terms of who you are.

### **\*Universal Laws 101 (PPT)**

Do you sometimes wish that life was easier, that you could manifest faster, or understand how to get to where you wanted to with less obstacles? If you sometimes feel that life is working against you, or you just want to know more of how to make life

work for you, this class is the key. Understanding universal law, the spiritual extensions of physical laws (such as The Law of Gravity) helps you to understand what governs the unseen world of energy. You may have heard about “The Law of Attraction” – this class covers it, and many of the major laws, such as the Law of Karma, the Law of Abundance, the Law of Opposites, and many more. With these laws as the foundation of your understanding, you will be in greater control of your life.

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## **RANDOM BUT INTERESTING**

### **An Unforgettable Skill**

Master memory and learn how to "memory cement." Learn skills that can turn your brain in to your very own search engine so you can remember something more easily and learn how to store duplicates of information in multiple locations of your brain.

### **Are You Feeling Stagnant in Life?**

Let's get back on track! Every so often we find ourselves spinning our wheels with "busy-ness," yet somehow feel strangely stagnant. Come with one thing, area, project, or dream that you feel you are stalling on, and let's make a plan. We will identify what it is that is holding you back, think of solutions that you might not have considered before, look at it from new perspectives, and go away with tools to add "WD-40" to your journey.

### **Christmas Gifting: Who, What, and Why?**

Let's explore your beliefs, customs, and mindset on Christmas giving. Who do you buy for? Why? Do you want to change anything about what you do year to year? If you are feeling "obligated" or are losing the spirit of giving, then let's relook at things. This class will focus on assessing where you are at, making a list of who you will be purchasing for, and exchanging ideas for the right item and budget. Feng Shui "good energy" gift ideas will also be offered for specific purpose, such as abundance, career, success, etc. Leave with an idea of what you are going to do, for who, and when!

### **Design Your Blueprint for Life**

Don't let your lifetime of dreams get derailed. Let's create a plan to bring your dreams to life with a systematic approach to your bucket list - from what you want to learn in life, and what you want to do. Gear up for an adventure in living.

### **Discover the World of Love Languages**

There are basically five ways that emotional love or affection can be expressed. This class is based on the book by Dr. Gary Chapman, that explores the five love languages. Come take the quiz that will determine what your primary "love language" is. Find out what your significant other, friend, or family member's language is so you can better communicate with them.

### **Embrace the Power of Your Vagus Nerve to Make Better Emotional Decisions**

If you want to have more "grace under pressure" and develop better instinctual responses to emotional situations, then let's develop your Vagus nerve - the longest cranial nerve in your body! Yes, gut instincts and emotional intuitions reach your brain via the Vagus nerve. It also modulates mood and certain fears and anxieties. There are things you can do to strengthen this nerve. Learn what they are and get better at discerning what's "right" for you. Balance it with your intuition and you've got a winning strategy for making the right decision.

### **End a Friendship with Grace**

From a child's earliest moments, we teach them how to make friends. Yet the art of ending a friendship that honors so many lessons and life shared, often ends in insufferable silence or a clumsy parting of ways. Explore the power and pitfalls of this rarely discussed topic. Leave empowered by knowing how to create peace in your mind while honoring friendship.

### **Everything Happens for a Reason: 10 Reasons to Explain the Challenging Events in Your Life**

We have all heard the phrase, "everything happens for a reason." Is it actually true? If so, what is the reason for why things happen, especially challenges, or seemingly unjust situations? Anytime we have undesirable situations in our lives, we have a greater chance of finding peace and understanding if we can find the significance of the event. Come discover what could be the reason(s) for confusing or unfortunate moments in your life, and celebrate the gifts, lessons, or opportunities they have brought. We will work on both past and present events in your life.

## **Feng Shui Gifts**

We all give others gifts throughout the year. This year, why not give some "good energy" gifts that are simple, easy to create, and that have great energetic meaning? Join Alice as she shares with you ideas for feng shui positive gifts you can purchase anywhere, as well as some ideas to "put things together" for specific purpose (abundance, fertility, career success, etc.). Bring your list of people you need to get gifts for, and let's figure out something "perfect" for them.

## **Get in the FLOW – The Psychology of Productivity, Creativity, & Life Enjoyment**

There are famous studies in the world of psychology on "optimal experience" - a state of consciousness called "flow." During "flow," or when we are "in the zone", we typically experience enjoyment, creativity, and a total involvement with life. Join us in this class as we discuss and learn how to apply psychologist, Mihaly Csikszentmihalyi's, groundbreaking work to our lives. This state can be controlled, not left to happen by chance. It has to do with how we order the information that comes into our consciousness. Understanding how to get in the flow more often can greatly improve the quality of your life.

## **Helpful Self-Hypnosis Techniques**

Join us and learn a few simple yet effective techniques to "self-hypnotize" yourself in order to move past mental obstacles, reduce pain, undo habits, lessen stress, or just increase your general well-being. Learn and experience different processes in class that are easy, practical, effective, and helpful. You'll then be able to replicate while alone, a great method for pain control (any type of pain), as well as a simple way to self-induce deep relaxation.

## **How to Be a "Human Lie Detector" (PPT)**

How do you know when someone is out of truth with you? Did you know that even in a 10 minute conversation you are lied to an average of at least 2-3 times? Learn how to spot deception and uncover hidden emotions by reading body language, revealing what it takes to have honest and authentic interactions with the people in your life. This class will expose popular myths on lying as based on research. Couple this new information with your intuition and you'll save time and energy! Human beings are not good at detecting deception naturally – in fact we are only right about 54% of the time. In this class, you'll get some tools to help you connect better with your sense of truth.

## **How to Be a Good "Space Holder"**

Join Alice to learn how to support someone through a crisis or transition in a way that will really help them, and at the same time, not drain you of your energy and life force. How do you walk alongside someone through a challenging journey without trying to fix them, give unnecessary advice, or take on their burden or pain? Holding space is understanding how to be present for someone. This class will share with you some guidelines of being a good space holder (or supporter) for anyone in your life.

## **How to Be Happy When You No More Money**

Money seems to make the world go round. No matter who you are or what you do, you need money. So what happens when you have a perpetual money crunch or unexpected expenses come up and all you can think about is that your money is running out? This class is about heading in a new direction where solutions to your money situation will become more apparent, and with fresh eyes, you have the opportunity to feel better no matter where you are with your finances.

## **Increase Your Intuitive Powers**

Increase your intuitive "muscle memory" with this proven technique to access infinite wisdom and assess situations and opportunities with stealth. Let your mind work for you and stop letting doubt dominate your decisions.

## **Introversion in an Extroverted World**

Ralph Emerson said, "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." Extroverts make up about 75% of the world's population and they tend to be louder, get more attention and get higher scores on "likability" tests. Introverts, on the other hand, often get drowned out and are sometimes seen as "less value" than their extroverted peers. If a crowded social event is "no fun", and you are drained by too many encounters, and

energized by solitary pursuits, you are likely more introverted than extroverted. Learn more about introversion, what it is, what it's subtle power and hidden strength is, and the things that all extroverts should know about introverts (and vice versa). If you are an introvert, you will love this class! If you know and love one, don't miss this! Introverts are not failed extroverts.

### **\*It's Time for an Energy Check (PPT)**

Where are you losing precious energy? What is energy? Where does it exist? Why do you need it? From your thoughts, to your environment, to the energy of the people you deal with... we are spending, receiving, and managing our energy day in and day out. Let's find out where your greatest energy drain is, and what simple, easy, yet effective, steps you can take to fill your energy reservoir so you feel better at all levels. We'll do a simple "test" that will show you exactly where your energy leaks are.

### **Live WHOLE-Heartedly**

How can we best live in a world where society and the media "tell us" what is attractive, and who, what, and how we should be. We get messages that cause us to think, "If we could only look perfect and lead perfect lives, we'd be happy and our lives would have value." Questions that run through our heads are, "What will people think if I...." or "Will there ever be a time when I truly don't care what people think? Or "When do I have to stop proving myself?" Let's explore our minds, heart, and spirit as we learn pillars of truth that will help you cultivate the courage and connection to your own life that causes you to wake up each day and think, "No matter what I do or don't do, what I do, and how I am is enough." Let's see how best to face our fears of not being good enough or smart enough, and begin embracing and seeing the gifts within our own imperfection.

### **Make Your Affirmations Magical and Effective**

You affirm what you want in life daily by what you think or say. The word affirmation means to "make firm" in ones mind. By consciously creating affirmations that are in line with what you want in your life, you bring the opportunity for what you want to manifest into increased possibility. When you are not conscious, what you say or think can negatively affect our conscious and subconscious mind in ways that do not serve you. There are rules to writing affirmations that your subconscious does not reject! Go home with 10 personal and meaningful affirmations that will completely serve your life. Create new self talk!

### **Numerology of Name**

Here's one math class that you won't want to miss. The power of your name has a numerical vibe and can offer calculations into your life, personality, and manifestations. Gain a deeper understanding of numbers and numerology, and how to balance and leverage the numbers of your life story.

<https://www.wikihow.com/Calculate-Your-Name-Number-in-Numerology>

### **Physiognomy: The Basics of Reading Faces (PPT)**

Physiognomy is the assessment of a person's character or personality from his or her face. Statistical results have shown that there is a strong connection between facial features and personality traits. Have you ever noticed that people who look alike tend to behave in the same way, or have common behavior traits? What do thick lips mean when it comes to personality? What about a high forehead? Large ears? Learn the basics of face reading and how to relate them to their corresponding personality traits to get an advantage in life when it comes to "reading people." Use it to answer questions like, "Can she be trusted?" "Is this the right person for the job?" and more! Using your intuition is good, but now you will be able to "match" it to their facial features! A FUN class!

### **Pick Your "Word of the Year"**

If you've never picked your "word of the year", then this year is a good time to start! Join Alice for an hour of fun, exploring what the "perfect" word would be that you can use to guide you this year. Better than new year resolutions, the word that you come up with will guide you, inspire you, transform you, and perhaps even challenge you! Picking your personal word is a journey that you will be guided through to ultimately have the word "pick" you, rather than you pick it. What is your personal word of the year? Come find out!

## **Reclaim Your Vavoom**

Ever wonder why you feel drained and can't seem to bring back your mojo? Discover the truth about energy thieves and how to harvest more power from four secret sources.

## **Start a Business? Me?**

A two-hour class designed to help you get a little clearer on your life purpose, and one that will help you look at different possibilities of what the "right business" is for you. Do you have a hobby you want to turn into a business? How can you come up with ideas for a business? If you have an idea, will your idea make money? What is the reason you want to start your business? What kind of business? Personal Services? Products? Information? Membership? This is a class of exploration and brainstorming, yet based and grounded in guidelines to help you move towards an entrepreneurial venture that is right for you. We close with the first three action steps you will need to do to move forward in your "baby" business, once you get the idea of what you want to do, solidified in the year to come. Note: This class is designed as a very basic class covering pre-entrepreneurial nuts and bolts, and things to be aware of from the idea stages to the early stages.

## **Superhero Summit**

Grab your cape and get ready to leap buildings with a single bound. Discover your inner superhero with this entertaining and enlightening experience that includes a quiz and class that focuses on five archetypes. Leave with your personal creed, affirmation, and x-ray vision. All your supernatural powers are within.

## **\*Synchronicity and Paving the Way for Synchronistic Events in Your Life (PPT)**

Synchronicity is most often defined as a "meaningful coincidence" or "significantly related patterns of chance." Even though the elements involved are seemingly not connected, synchronistic events follow divine order and bring about something extraordinary when we further affirm them. Though the phenomenon of synchronicity sounds "mystical" and "unbelievable," it's only because we don't really understand how natural it is in the bigger picture of life. Synchronicities are mirrors that have strong parallels to your inner and outer life. Come learn about them and watch as increased synchronicities unfold in your life further, to let you know you are on the right path. We will also cover: Why you might see a certain set of numbers everywhere you turn and what it means and how to interpret its meaning.

## **The Magic of Life Will Never Leave You**

We all have jewels of inspiration within us, but as we go through life and get caught up in the challenges and humdrum, sometimes our creativity and our ability to believe that we can live a better and more creative life eludes us. We develop attitudes and behaviors as well as habits that hold us back. What are they? What do we need to do to live our most creative lives? Whether you are looking to write a book, find new ways to address different challenges, embark on a life long dream, or simply infuse your life with more mindfulness and joy, let's explore new ways to tap into the magic of wonder and joy that is within you. It's never too late to find something amazing within you.

## **\*The Power of Body Language (PPT)**

Discover how to connect, influence, and understand people. The more you know about body language, the more you can understand the inner thoughts and emotions of others without even listening to the words they are saying. As well, the more you can adjust your body language based on the situations you are in. Body language is non-verbal communication and very helpful to know in any situation you might be in, where you need to exude more confidence, interest, and authority (even if you're not 'feeling' it). As well, learn how to discern if someone is telling the truth or how they are really feeling so you can better communicate with them. Use your body as another powerful tool to support yourself!

## **The Rules of Life**

Sometimes we may feel that life is so random - but nothing happens for no reason and everything that happens is so we can grow. As a human being, if you know or understand basic tenants of consciousness, you will feel that much more supported,

and growth will be that much easier. We will cover some of these or all of these and what they mean in your life: acceptance, self-esteem, respect, pleasure, choice, grace, comparison, awareness, unattachment, abundance, tolerance, clarity, and more.

### **The Secret Language of Color**

Everything you want to know about color meaning and it's beneficial use. The "properties" of color have been recognized since ancient times. From color therapy and color psychology to feng shui and colorpuncture (acupuncture that uses color light on acupuncture points), there are comprehensive studies that show how our bodies respond in different ways to the vibration of the color spectrum. What do the different colors mean? How can you best use color for healing, for communication, for strength or an expression? Learn about the restorative and magical powers that color and light can bring into our lives.

### **Turn an Unpleasant Job into a Pleasant One**

Stuck in a job you don't really like, but can't quit or move on just yet? Wish you had a "better" job or could get more motivated at work? If so, this class is for you. We will explore how to deal with everything from boredom, stagnancy, nightmare bosses, negative co-workers, conflicts, bureaucracy, and challenging management. It's not necessarily about eliminating all the "bad" from the job, but rather, how to deal with "what is", so you can see past your challenges straight into how to find and apply greater meaning to your work days. We will explore what your challenges mean, and "how" to be positive, how to learn from the unpleasant situation, be open, participate more, and how to find meaning in a job that seems like it has none.

### **Turn Up the Volume on Your Intuition**

We all have natural intuition, but did you know that there are ways to increase your intuitive "muscle memory" to strengthen your intuition considerably, via your mind? Everything you want to know is present and accessible to you. Our brain is able to receive over 20 million bits of information every second, but we subconsciously tune out what we don't think is important and only process that which we are focused on. Blocking information is hard work! This class will help you discover how to unblock what you want to know with a scientifically proven skill. Let your mind work for you and stop letting doubt dominate your decisions.

### **Using the Power of the Present Moment to Manifest Abundantly**

We forget that our power lies in the "now" - not in the past and certainly not in the future. It exists in the very present moment. Let's get back in touch with life, and what we are doing moment to moment, to either take us towards where we want to be, or to hold us back from getting to where we want to go. After an inspirational talk and share of empowering information, experience a meditation specifically designed for you to get present with your life at all levels.

### **Who Are You Meant to Be?**

Based on the Enneagram, explore a multidimensional map of your psyche and soul for an awakening and freedom that will redefine your path. Once registered for the class, you'll be sent a link to take a quick quiz that will inform your life-changing experience in this popular workshop.

This test is to be sent to the people prior to the class.

<https://www.eclecticenergies.com/enneagram/test-2>

<http://theenneagramcourse.com/>

### **\*Why is What You Have, Not What You Want?: How to reprogram your subconscious to get what you want (PPT)**

We think we are living our lives consciously, but research now shows that 95-99%(!) of our cognitive activity comes from our subconscious mind. The subconscious is what allows us to walk, talk, and perform without having to think about it - which is great, but the subconscious has also accumulated years of habitual programming that we are not even aware of, and this can hold us back. Your subconscious mind may be self-sabotaging and limiting you in ways you don't even realize. Join Alice for

the latest research on how to break away from what's holding you back, and exactly what you can do to match your vision with reality.

### **Your Numerology**

Our total life span is comprised of a succession of events, experiences, disappointments, advancements, challenges and successes. What is the energy of this year and next? Did you know you can calculate this through your birthday and current year and get awesome insight? Life is a series of stages that we grow and evolve through and each year paves the way for the next, which makes every year of our life important. Just as no puzzle can be completed if one piece is missing, so also your life can't be fulfilled in the way it needs to be without the sum total of all the experiences in each year.

By understanding your personal numerology, you can make the most of every day. For example, if it is a "4" year for you, one that is meant for hard work, you know that if you dedicate yourself, you will reap the rewards in the following year, which is a 5 year. Since it's impossible to change the vibratory powers of every year, your best strategy is to coordinate with the year so you can be maximally successful. Come and learn how to find your personal number for the current year, and set intents and goals that are in alignment with this.

### **Your Personality Type Based on the Four Elements**

If you've ever felt that you were "outside" the norm in some way, or didn't quite fit in, exploring your elemental balance may be the key to finding another aspect of yourself, your gifts, and how you fit into this world. In this class we will talk about personality types based on the four elements, and use this information to gain a deeper awareness about ourselves and why we are the way we are. As well, the pain you experience in your life is specific to one of the four elements - and your challenges will repeat themselves over and over until you get the lesson. Join us and learn more about applying ancient wisdom to modern day life.

# ASTROLOGICALLY RELATED

Note: You must provide your birthday, birth time, and birth location at least 24 hours prior to any astrologically related classes.

## 2018: The Year of Change

After a year of high emotion, jolting realities, and new beginnings in 2017, what does 2018 bring? A very different type of year as we navigate polarity both individually and collectively. We'll learn to make choices that stretch us all while solidifying heartfelt foundations. We will continue to see shifting values over personal boundaries.

Numerologically it's a "2" year which will inspire fruitful partnerships with high-resonating alliances. Intuition grows, rapid-fire change continues and meaningful friendships will develop.

## Astrological Perspective of Your Life

The "houses of focus" in your astrology chart can deepen self-understanding and point to areas and periods of growth. Understand your life circumstances better. For this class, we will need your birth date, birth time, and birth location at least 24 hours prior to the class to prepare your chart. Members and scholarship recipients must also register.

## Astrological Signatures

What is yours and how do you use it? Every astrological birth chart is as unique as your handwritten signature. Within your birth chart are planetary placements that bring something unique to you as a person. Do you know what makes you "you" and how you can capitalize on that? Let's identify your unique planetary signature(s), see how you have used it in your life for your success and how you can consciously build on it to move yourself towards your dreams!

## \*Astrology 101

Do you think of astrology as the horoscopes you read in the newspaper for fun? Do you believe horoscopes just tell you what kind of day you will have, or what kind of person you are best suited to marry? Most people do, but did you know that astrology is actually so much more than that? By analyzing the position of the planets at the time of your birth, you can gain profound insight into who you are. This class will help you better understand your personality and life potential through your astrological chart. It's a fun, basic beginner class where no knowledge of astrology is necessary.

## Astrology for the Soul

You may know your Sun sign, but do you know the sign of your North and South Nodes? The nodal axis in a chart has everything to do with understanding what it is on a soul level that you're learning, what your personal success is, where you have natural self-confidence, and how to find your sense of balance within your personality. This class will focus the tendencies you were born with and what you need to transcend, what your "Achilles" heel is, as well as understanding your "spiritual" needs. Specific birth information is not necessary, but if provided, will provide you with greater insight.

## Evolutionary Astrology

Evolutionary Astrology gives us insight into a soul's higher life purpose, and ultimately where you are heading. In traditional astrology, the Sun, Moon, and Ascendant play a big role, but in this class, we look at the focal point of Pluto and how it relates to your "soul intention" in this life. Perhaps something that is not working in your life is expressing itself as a repeating theme until the lesson is learned, or maybe you are recreating patterns that are not "good" for you. Regardless of what it is, this is a chance to see how basic evolutionary astrology can unveil insight that can serve as guidance to self-empowerment and your soul's deepest desire and intention for your life.

## Explore Your Shadow Self Through Astrology

Using your Sun, Moon, and Descendant sign, this class will explore that deeper part of your psyche that is known as the "shadow." By understanding the innate (yet often "undesirable") traits of your shadow side, and owning them, you will better understand the deeper part of your nature. This class will bring a new awareness to how we deal with our defenses, our

saboteurs, our wounds, as well as that which causes us to have the self-talk that we do. We can either make ourselves feel bad or use this information to accept and rise above!

### **\*Find Your Archetype**

Find your Archetype through Astrology! Are you a Hero or an Outlaw? A Caregiver or a Creator? A Magician or a Jester? Find out by just looking at your astrological chart. You will have at least two or three, but maybe four or five! Learn how by embracing your archetypes and who you are authentically, you can find a greater level of success in your life, and confirmation as to "why you are the way you are."

### **Find Your Prenatal Eclipse to Understand Your "Karmic Lessons"**

Your pre-natal eclipse is the eclipse that happened just prior to your birth. The location in your chart as to where this happened is a very important area for you, as it activates activities and issues associated with that house throughout your entire life. Some astrologers believe that the eclipse point is the point at which the soul enters the world and the area of life that is governed by that house is where you might feel a strong need to grow and develop. Come find out what your pre-natal eclipse point is, and see if you can gain more insight into your life.

### **Galactic Center Trash Disposal Meditation**

The Galactic Center is the center of the Milky Way. It is the "sun" of our Sun and is the source of the most gravitational energy present in our galaxy. The planet Saturn (restructuring) will be crossing the Galactic Center (happens once every 28-29 years) which gives us an opportunity to "dump our clutter" - whether it be a belief system, dependence, habit, resentment, baggage, lifestyle, relationship, or worry. Join Alice for this class as we identify what it is we want to dump and then "travel" on the rings of Saturn as it crosses the Galactic Center. An experience not to be missed! Lighten your load! Accelerate the clearing!

### **Get a Grip on What Holds You Back**

What is holding you back? Why are you holding yourself back? In this transformational discussion about removing barriers to success, learn about the story of the centaur, Chiron, of Greek mythology, and how he represents that part within all of us that holds us back.

### **Get What You Want from Anyone by Knowing Their Astrological Sign**

It doesn't matter if you want your child to do something, your boss to give you more money, or your partner to agree on what you want to buy, everyday, we need to negotiate with others to get what we want. Sometimes, it's like the people you are talking to are from another planet. You may say something clearly but the other person's understanding is completely different. How can you communicate in a way that others can more clearly understand? Through knowing their astrological sign! Learn strategies to optimize every important conversation you have.

### **Get Your Moonglow**

Understand your astrological temperament and how the moon in your chart rules influences in your life. Learn how to turn challenges into opportunities and get your moon glow on.

NOTE: Your birthday, birth time, and birth location are required 24 hours prior to class.

### **How Are You Holding Yourself Back?**

Chiron is known as the "wounded healer" which comes from an ancient mythological story that describes Chiron, (half horse, half human) as a creature who had an arrow in his hind quarter that he used as an excuse for why he couldn't do things. When he became aware of this arrow and pulled it out, he was able to rise to new heights. Metaphorically, we all have "arrows in our butts" that we hold on to and we use as "excuses" for why we don't move forward. Come find out where your "arrow" is, and what you need to do to pull it out once and for all, to enable you to move upwards and onwards.

### **How to Get Along With Anyone Using Astrological Compatibility**

Understand the people in your life - from the ones that push your buttons to the ones that you instantly click with. Everyone is in your life for a reason, and by understanding your astrology and the signs of the people in your life, you can understand the relationship that's encoded within the signs that create your unique interpersonal dynamic. Often in our challenging relationships, there is something for you to learn and when you understand what that is, it makes it "better" because the power is back in your hands.

For this class, having your birthday, birth time and birth location is helpful, but not mandatory. Submit at least 24 hours in advance for your chart to be printed. Bring the birthdays of the people you'd like to understand your relationship better with.

### **Learn About Yourself Through Your Astrology Chart**

By looking at the sky at the time you were born, you can learn a lot about yourself. Who are you, and why are you the way you are? What is it that you can do to become a better "you?" Have you been operating true to yourself?

Join Alice as she shares some basics about astrology that you can use to understand yourself and others that you work and live with. Even if you "know" your chart, new truths will likely be revealed. For this class, submit yours (or someone you are interested in) birthday, birth time, and birth location at least 24 hours prior. (If you don't have your birth time, we can still create a chart, you just won't get as much insight.)

### **New Moon Intentions**

The Moon's influence on human destiny has been recognized since ancient times, but its potential for generating positive outcomes is not often taught. In this class, learn how to harness the New Moon's power to make your goals a reality, just in time for October's new moon on the 19th. This class will provide practical, step-by-step instructions, based on ancient philosophy as well as on Alice's own vast astrological and spiritual experience. You will set your intention for any area of your life, which will set forces in motion to transform your desires into potential reality. Use this technique, at the time of any new moon for more powerful manifestation.

### **PREPARE OR BEWARE! Mercury Retrograde Personal Guide Class**

Many of us have heard of Mercury Retrograde and know that it has to do with mix-ups, delays, and technology and communication mishaps. We groan when it arrives and "dread" it when in the midst of it, but Mercury Retrograde can serve a great purpose and actually HELP us move forward! Come to this class to find out exactly where and how Mercury Retrograde will be affecting your life through your birth chart, and what you can do to maximize and optimize these times.

### **Purpose, Fulfillment, & Vocational Astrology**

Let's look at your birth chart from the perspective of your purpose, vocation, and fulfillment. What do you need to be fulfilled? Many people spend more of their lifetime working than doing anything else. Even if you are not working at a "job," what we do on a day-to-day basis is not just for survival, but also for an individual sense of personal fulfillment. Join us as Alice helps you see – through various analytical considerations – how to distill some general direction. Much of it you may already know, but to see it line up in your chart can be insightful and life-affirming. It may even spark some ideas or directions to pursue.

### **Relationship Compatibility Astrology**

Do you want to learn more about astrological compatibility? There is so much more to astrology than just your Sun sign. In other words, just because you are a Cancer and your partner is an Aquarius doesn't mean you are doomed. You will receive an astrological birth chart that will give you lots of information about the two of you. Find out where you are compatible and where you will learn from each other through your differences. There is no such thing as incompatibility! It's all about how you see it. Come alone and do both charts, or come as a couple and laugh and connect in a deeper way. Couples, parent-child, co-workers, best friends - we will explore all relationships.

## The Astrology for Your Numerology

Astrology and numerology are often seen as two different systems. Yet, these two systems are not mutually exclusive. They actually go hand in hand. Every number is associated with a planet and every planet with a number. Let's look at the numerology of your name, and your birth date, and find the associated planet and sign. Find meaning in the way that planet plays a role in your chart and in your life. Perhaps you will unlock a new awareness! While astrology is absolutely dependent upon numerology, numerology is enhanced by astrology. Join Alice as she leads you in this insightful integration. Provide your birthday, birth time, and birth location 24 hours in advance (not mandatory, but it will make the class a bit more personal).

## The Part of "Fortune" in Your Chart

What is the "pot of gold" that you seek in your life? Is there something at the end of the rainbow for you? In everyone's astrology chart, there is a sensitive point called the "Part of Fortune" that is considered to be a beneficial point. When you know your Part of Fortune by sign and house (which you will learn in this class), you can learn more about yourself, the area in which your endeavors are most likely to be auspicious. These are usually the areas that you are naturally drawn to without really understanding why. The key to accessing and enhancing the Part of Fortune is through awareness and cultivation. Join us to find out more about this beneficial point in your chart.

## The Sabian Symbols in Your Chart

Every degree of the zodiac is associated with a very specific symbol, which means that every planet and sensitive point in your chart is connected to a symbol. Sabian symbols are enigmatic visual keys to the deeper aspects of our individual soul essence. Sabian symbols can be used to gain deeper insight into your chart, or be used as an oracle to help you discover a deeper meaning to your hopes and challenges. It leans more towards the esoteric branch of astrology, and it's always interesting to see what new information is revealed with this deeper look. Join us for some fun discussion and lots of laughs and insight.

## Unveil the Mysteries of the Moon

Your Lunar return is the monthly chart of the instant the Moon in the sky returns to the exact position it was at your birth. It's kind of a monthly birthday, and the arrangement of planets it displays reflects the patterns of your coming month. Each month, this "re-birth-day" works out its potential for you and then is renewed once again 27 and a half days later with a new set of surprises and opportunities. This class will help you to gain general understanding of what the month holds for you, and the area of focus.

## \*Western Astrology and Chinese Astrology Combined! (PPT)

What happens when we combine the 12 Chinese animal signs with the 12 Western zodiac signs? We get 144 astrological archetypes - one of which is your unique Eastern-Western astrological signature! Are you a Rat/Scorpio, a Dragon/Virgo, a Dog/Gemini or one of the other many combinations? What does it mean? These combinations, explained in an integrated way, will reveal more about you than one or the other signs when interpreted alone. Western and Eastern astrological sign interpretation is nothing new, but rarely is this information converted into a practical language and shared in a fun, and easy to understand, way. Join Alice as she shares more about the origin of these two star systems and how it applies to you and to those in your life.

## Year-End Astrological "Check Up"

With just "weeks" left before the end of the year, let's see how you did this year, and plan what else you can do to take advantage of the energy while the themes are still in effect. Do you need to make concrete plans to reach certain goals? Are there relationship changes that you want to implement? We'll look at some predominant collective themes and where it's affecting you in your chart. You'll make a "to do" list so you can have a guide and get things done before the holiday "busy-ness" kicks in.

### **\*Your Astrological Elements**

Using your astrology chart we will explore your dominant elements (Fire, Earth, Air or Water), understand not only what that means to you, but explore why you are attracted to or repelled by others you meet. For example, if your dominant element is water, that makes you very sensitive. It may explain why your friend who is a dominant fire (bold and outgoing) may hurt your feelings on occasion, and not understand why. Or maybe you are a strong earth (you like stability and tend to be more cautious), and your partner is a strong mix of fire and air (they move fast and always on the go). How do you reconcile differences? Can we live and work harmoniously with those who we differ from? Let's understand how elements can help us to live more harmoniously with others! This class will explore your chart in terms of your elemental qualities as well as your primary "mode" of operation (cardinal, fixed or mutable), which translates into "action-oriented, stubborn, or flexible."

### **Your Personality Types Based on the Four Elements**

If you want to know simply, why you are the way you are, or if you've ever felt that you were "outside" the norm in some way, or didn't quite fit in, exploring your elemental balance may be a key to finding another aspect of yourself, your gifts, and how you fit into this world. In this class we will talk about personality types based on the four elements. You can use this information to gain a deeper awareness about yourself. As well, the pain you experience in your life is specific to one of the four elements - and your challenges will repeat themselves over and over until you get the lesson. Join us and learn more about applying ancient wisdom to modern day life. NOTE: Provide your birthday, birth time and birth location at least 24 hours prior to class. Helpful but not mandatory.