



BE A LIGHT

*A 10-week journey for strong
and bright women*

Led by Mary Hayes Grieco

September 18 – November 27, 2018

Tuesday mornings 10AM – 12 PM

10 week class: \$195

Coffee and social time 9:30

Unitarian Universalist Church of Minnetonka
2030 Wayzata Blvd East, Wayzata 55391

“Mary is fabulous – she is a gifted and inspiring presenter with a wealth of knowledge.”
– Frankie Nielsen, Ed.D., Past President, (European Branch) American Counseling Association

“Mary teaches with great humility, a natural ability to know ‘true north,’
unfailing patience (and at just the right times) a sense of whimsy that allows
us to be bolder as we pursue a never ending discovery of our true selves.”
– Dr. Susan Shaffer

Call **612-874-6622** or register
online at maryhayesgrieco.com

See reverse side for course details

MARY HAYES GRIECO has
served as a catalyst for growth
and healing for thousands of
people since 1982.

Learn more at
maryhayesgrieco.com



Welcome to this special opportunity to learn and grow in the inspired company of Mary Hayes Grieco and a circle of women who intend to be their best selves - and to offer their light to the world in their own best way. In the classes and circles that Mary leads, good energy abounds, new doors open, and magic happens. Join the fun this fall, and soon you will find yourself operating on new and higher ground, with surprising grace and ease.

MARY HAYES GRIECO is an author, psychic, and a respected spiritual teacher based in the Twin Cities. She has been teaching classes, workshops, and women's circles for over 30 years, and her work has taken her around the world. Learn more about Mary Hayes Grieco and her work at www.maryhayesgrieco.com and www.forgivenessstraining.com

Students of this course will receive a complimentary copy of Mary's delightful book of essays, *The New Kitchen Mystic A Companion for Spiritual Explorers*. Her most recent book, *Unconditional Forgiveness A Simple and Proven Method to Forgive Everyone and Everything*, and her audio books will be available for sale at class.

BE A LIGHT CURRICULUM

Intro to Psychosynthesis** – The Power of the Soul-Illumined Woman

Psychosynthesis, cont.** – The Path of Self Healing and becoming the Queen of your own life

The Skillful Will – Your free will is your spiritual “muscle.” Know what's yours to do and be able to do it!

The Me that I Mean to Be – Meet the parts of you that make your life too small and difficult, and transform them. (Mastering Subpersonalities)

Intuition – You really know! Learn how to access your knowing, and be guided by your intuition, the GPS of your Soul, into your easy and gracious life.

Boundaries – What I will have in my life from now on. What I will not have in my life from now on! And your healthy energetic boundary which creates your strong personal space

Forgiveness I – Five things forgiveness isn't and one thing it is (your best new habit for health, happiness, and freedom)

Forgiveness II – Laying it down at last: completing a bad story for good, with forgiveness. Turn your wound into wisdom and have no regrets

Self Forgiveness and Self Love – Stop beating yourself up and putting yourself down – you are loveable and worthy, just the way you are – perfectly imperfect, and pretty darn good right now.

A New Mission at Any Age – Become happy and on purpose - Your best life makes a positive difference to the world

**** What is Psychosynthesis?** Mary's transformational classes are based in the holistic psychology model of Dr. Roberto Assagioli, a brilliant psychologist of the last century who developed a cutting-edge understanding of the healthy and happy human being as a personality that is guided and healed by their soul. His work provides unique understandings of the practical working of our free will, aligned with a Divine Will, as well as our life with energy, and the transformation of “subpersonalities” – the smaller selves within us that work positively or negatively in the expression of our most authentic and effective selves. Mary has been teaching Dr. Assagioli's theory and methods for over twenty years.