



More To Life



The More To Life Weekend

The More to Life weekend

The experience of your life

The More To Life weekend is an intensive 35-hour course taught over 2½ days which is designed to transform the way you see the world, and how you see yourself within it.

You'll learn to use the tools and techniques during the weekend itself, and after the course, you'll be able to apply them in your daily life any time you choose. For many, this experience forms a turning point in their lives.

The benefits of the work are based on learning to discern the difference between what is actually going on around you, and what you are, in fact, making up in your own imagination.

As you do this, you also liberate yourself from life-long habitual expectations and demands. These not only stop us from thinking clearly, they can drive the decisions we make on a day-to-day basis.

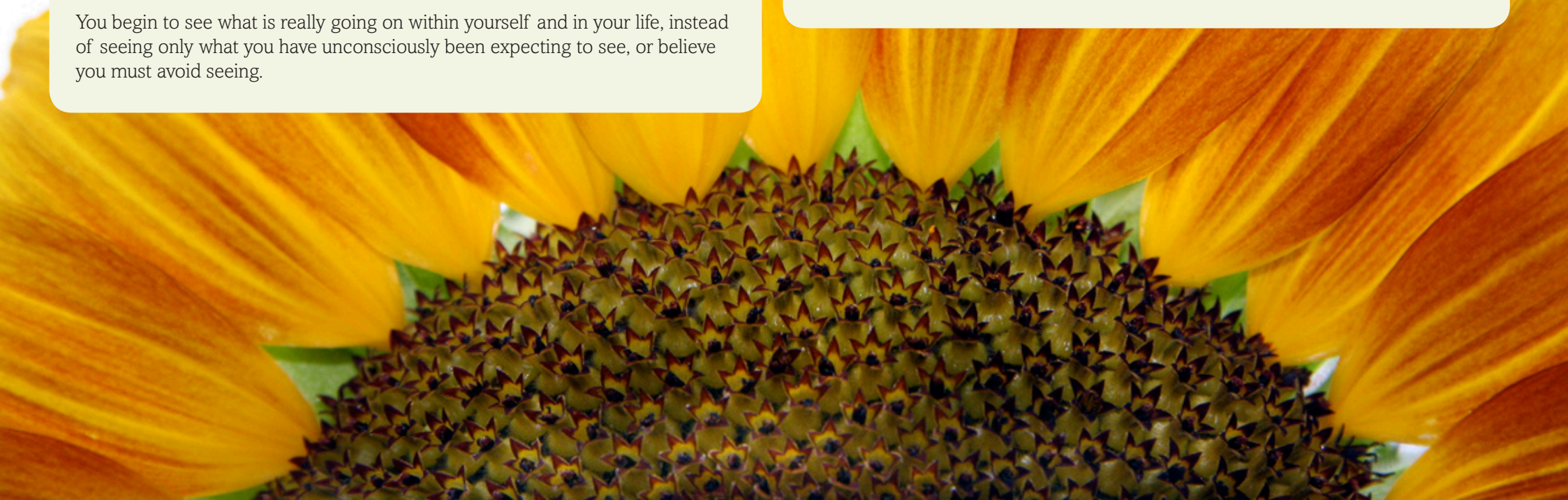
You begin to see what is really going on within yourself and in your life, instead of seeing only what you have unconsciously been expecting to see, or believe you must avoid seeing.

Life immediately becomes richer, and your experience of life gets deeper. You start to draw on your true personal qualities, instead of relying on defensive strategies.

You get in touch with your real passions, and your true compassion. You express yourself more directly and more easily. You know how to connect with your inner authority, and with your natural creativity.

The difference in your personal effectiveness, compared with the way you are when you're stressed or driven to get things "under control" shows up in all kinds of extraordinary results, and it's repeatable whenever you choose repeat it. Each exercise taught in the course offers this same shift: you see what is going on in your life in a new way. Over time many students choose to practice with the aid of free CDs summarizing the techniques which are given to every participant.

In some locations practice classes are led by experienced teachers so that you can continue to develop and deepen your skills.



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What goes on in the course?

The More To Life Weekend is broadly made up of three kinds of activity:

1. Learning to use the tools and skills of the course
2. Practicing them in your course journal
3. Learning from the experiences of other students

The first exercise of the course involves a set of agreements which you use as disciplines during the weekend. Some of these are designed to help with practical matters such as communicating during the course, but all have value as a practice of personal discipline.

They also help you to start noticing unconscious, automatic habits of thinking, and to start practicing aligning your actions with your chosen goals.

Further exercises allow you to make progressive shifts, starting with challenging beliefs about yourself that, as some people report, may have been making you into your own 'worst enemy'.

You learn how to:

- bring forward a natural, personal authority;
- release old hurts and resentments which may have been with you for many years;
- forgive yourself and others for mistakes that have been made in the past;
- make creative new choices for the life you want to live in the future

As a participant you move forward and learn at your own pace. As your understanding deepens during the course of the weekend, you will start to experience shifts in your perspective in many areas of your life.

As soon as you are able to open yourself up to reality as it really is, you will also start to see new possibilities that are inherent in each situation, but hidden from your normal awareness.

What is the course like?

The weekend is described as a deeply moving experience by almost everyone who takes it. It provides you with an environment that gives you time and space to think thoughts and feel feelings you may not have allowed yourself to touch on for years.

You are able to explore the most significant, life-shaping experiences you've had in your life in a non-judgmental, safe and supportive environment. In addition you have the support and guidance of those who are on their own personal journey beside you.

You will likely discover qualities in yourself you didn't know you had, as well as new trust in other people. You will learn to let go of old beliefs that do not serve you, and emotional pain that may have been with you for much of your life.

You will become aware of fears that have persisted since your childhood, and once these are understood and released, you will start seeing the present in a new way.

For almost everyone who takes this course, the experience is deeply affecting and powerfully transformational. Everyone takes whatever steps they are ready to take. The more you choose to go for it, the more you'll find there is for you to experience and to learn.

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What happens after the course?

The tools of the course are designed to be simple and practical so you can put them into practice at any time and in any situation. You'll have a basic grasp of them as soon as you have used them for the first time, and if you want to gain on-going results, all you need do is keep practicing them.

To help you in this you'll receive a free set of CDs that summaries each of the tools you've learned. This means you'll have support to be able to continue practicing as soon as the course is over. A series of follow-up classes are also available as part of the course fee in many areas where the course is offered.

The longer you continue with your practice, the more you'll find that you experience your life differently than before. You start to find yourself learning from events you would never even have noticed. And you start to see the truth of the saying that the things we most often try to avoid are also the things that can teach us what we most need to know.

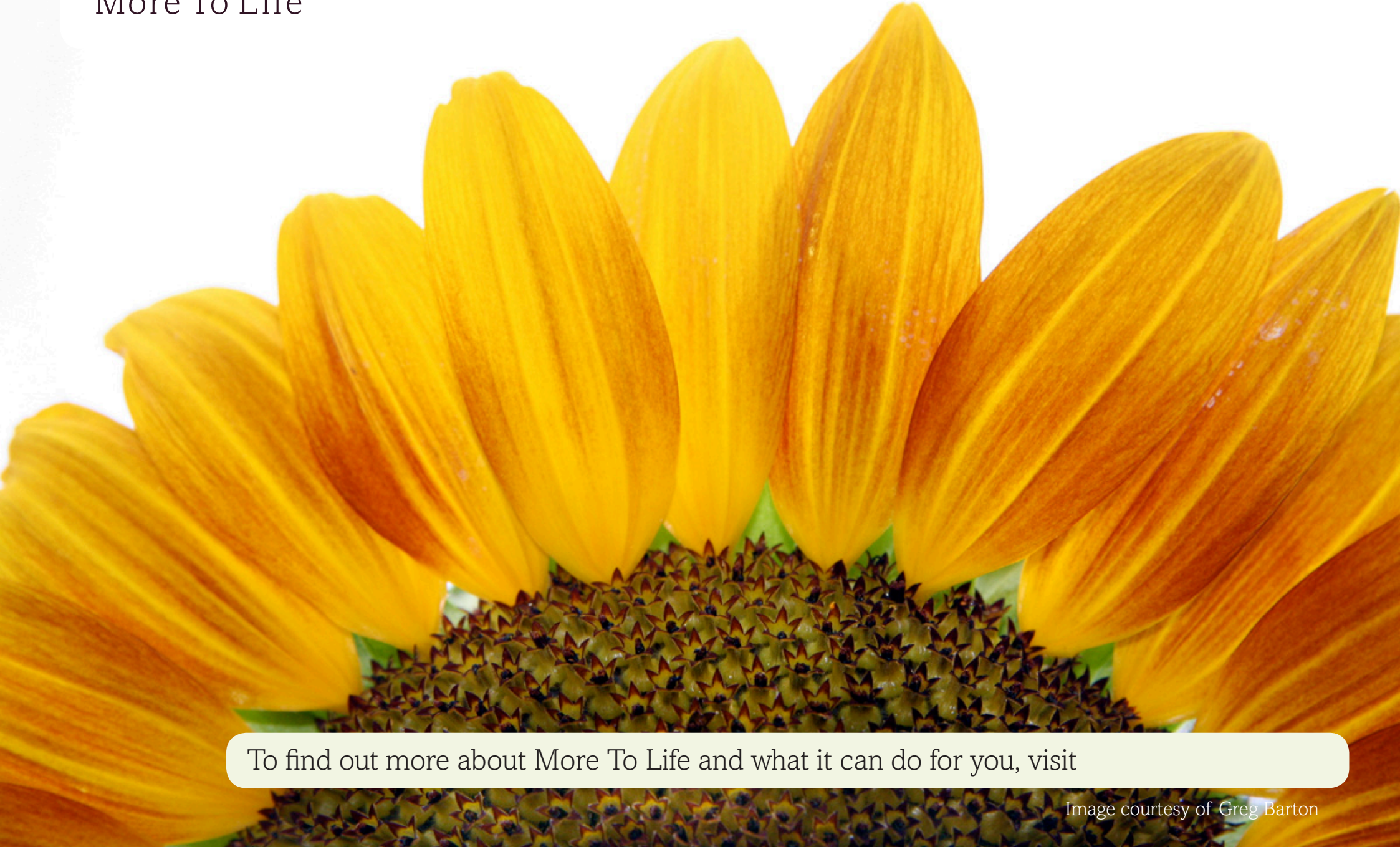
As a result you'll start to trust life more. You'll be able to forgive yourself and others quicker and more easily. You'll feel more 'yourself' than before. Your sense of personal authority will continue to grow. You'll keep making deeper and more meaningful connections with everyone you meet. And you'll find there is an increasing sense of peace within yourself.

If you keep on practicing, the practices will become like second nature. You find yourself in an ongoing alignment with life's twists and turns, without even having to try. Apparently 'chance' opportunities come around more often, because you are more open to them. Life starts to feel 'bigger', both in terms of your own aspirations and your vision of what is possible for the world around you.





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To find out more about More To Life and what it can do for you, visit

Image courtesy of Greg Barton