

# Level 5

## Love, Intimacy, and Sexuality

# The Dance Between Control and Surrender

11<sup>th</sup> – 13<sup>th</sup> November, 2011 NSW Hunter Valley

Our lives are the way they are because we think them that way. Our thoughts determine whether we feel victimized or empowered. Yet we often allow our thoughts to bully us, by not choosing the ones that serve us. In Level 5, you'll learn to become the master of your mind by experiencing how to choose the thoughts that create your life exactly the way you want it to be.

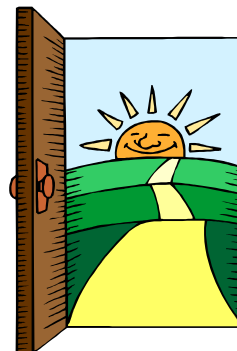
If knowing what we want is difficult, asking for what we want is even more so. We are trained to doubt ourselves. We think we can't get what we want, that we are undeserving. We fear rejection. As a result, we withhold our wants, hoping people will read our minds and magically give us what we want.



Level 5 focuses on how our thoughts shape our experience. Our thoughts determine whether or not we know what we want, whether or not we

ask, and how we feel when we do or don't get what we want. Our thoughts are powerful, indeed!

Losing a job can be a gift or a burden. Getting up in the morning can be a chore or an exciting adventure. At any moment, our lover can be an angel or a devil. It is all up to us. "The quality of our lives is the quality of our thoughts."



We all have a deep and profound ability to create successful lives and relationships. At Level 5, we discover our ability to create love and transformation wherever we are and whomever we're with. This experience of love and power frees us to move beyond the constraints of circumstance and history, to create our lives exactly the way we want them.

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