



Move beyond the illusion of ego to raise your energy and frequency

DIAMOND
THOUGHT

The Six Practices of Awakening
TELESEMINAR COURSE with Angela Hryniuk

Every Thursday for 8 weeks • Brisbane 12pm • Vancouver/LA 6pm • Toronto/New York 9pm

This 8 Week Teleseminar Course is designed to help you move beyond the illusion of ego and learn techniques to raise your vibration. All you need is a computer with speakers & internet access or a telephone. Together we will cover:

Week 1) Introduction We often focus on the qualities within us we want to change, as opposed to positive qualities we need to focus on.

Week 2) Generosity Giving of time and love, fearlessness, material goods and spiritual teachings are the four categories we will look at.

Week 3) Ethics We must strive to restrain from negative patterns at the same time as consciously cultivate positive qualities.

Week 4) Patience How many of us do too much, harbour resentments and just can't seem to say no easily without guilt?

Week 5) Perseverance Are you prone to procrastination and meaningless activities? Find ways to move towards your purpose.

Week 6) Concentration With greater focus we can absorb information quicker, listen to others, be more efficient and joyful.

Week 7) Wisdom Few know that we live at two levels of reality at all times: the relative and the absolute. Those who embody wisdom are those who can walk in these two realities at all times.

Week 8) Integration How to maintain personal practices and mindfulness to further your awakening on an ongoing basis.

**Your Investment: Only \$249 for 8 weeks (valued at \$699).
Each class runs for 60 minutes including email support.**

Email angela@diamonddiscovery.com for teleseminar timezones, details and bookings

