

**T**here is so much love in your heart that you could heal the entire planet. But just for now let us use this love to heal you.”

~ Louise L. Hay



*Heart-Centered Therapy* presents . . .

## *The Magic of Believing in Yourself*

*Believe in yourself – so easy to say, not so easy to do!*

*This 8-week workshop will show you how to achieve a new level of self-confidence. Learn how to “weed out” the beliefs of not being talented enough, smart enough, or good enough, to achieve what you want in life. There is within you untapped potential, just waiting to be called out!*

*In this workshop you will:*

- *Understand how “unconscious” beliefs have affected you until now*
- *Learn powerful tools to change your beliefs*
- *Discover how to use affirmations and visualization to create a path for the future you want*
- *Develop a stronger connection with your Inner Guidance*
- *Understand how you can be the star of your own life, directing and writing your own script*

*Date & Time: Monday evenings, beginning, Monday, September 20, 2010; 6:30-8:30 p.m.*

*Location: The Philosophical Library, 291 E. Valley Parkway, Suite D, Escondido, CA 92027  
(next to Am Vets)*

*Investment in your future: \$130.00 or \$20.00 per session.*

*\*Must sign up prior to start of class. Call Rhoda Reilly at 760-742-1392.*

*About your workshop leader:* *Rhoda Reilly of Heart-Centered Therapy is a licensed Clinical Social Worker, Advanced Certified Hypnotherapist, Reiki Master and Licensed Heal Your Life Workshop leader. Rhoda has a private practice offering psychotherapy and hypnotherapy in Valley Center. Rhoda has experienced the power of these skills and transformed her life. Her mission is to act as a guide in enriching the lives of others.*

Rhoda Reilly, LCSW, CHT  
760-742-1392; [www.vcheartcenteredtherapy.com](http://www.vcheartcenteredtherapy.com)