

Week 1:

Contact:

- ♥ **Shine the light: Illuminate the way**
- ♥ **Are the alligators real?**
- ♥ **Shedding the old skin.**
- ♥ **Opening to the new**
- ♥ **Saying hello**

Week 2:

Integrity:

- ♥ **Shift happens**
- ♥ **Being willing – to be seen: Being real**
- ♥ **Being who you are**

Week 3:

Blossoming:

- ♥ **Becoming a new reality**
- ♥ **Building a new vision**
- ♥ **Embracing the dreamer**

Week 4:

Flight:

- ♥ **Into our endless selves**
- ♥ **Seeing from a new perspective**
- ♥ **Listening to the phone ring**
- ♥ **Effortless being**