

Butterfly Advanced Level II Programme

Are you feeling a restlessness because you want to use your talents in ways that will make a contribution and a difference?

Do you sometimes feel overwhelmed and depleted by the demands on you and wanting to create a more balanced life?

Do you yearn for some supported time to reflect on your next steps?

Many of us have been working on ourselves for years to have better relationships, create a deeper sense of purpose and meaning, and accomplish worthwhile goals in life. You may experience a frustrating gap between the rich possibilities you sense for your life and the reality of your lived experience.

There are some people who seem to attract great things into their lives almost effortlessly and it is not necessarily the cleverest, prettiest, most spiritual, most accomplished or even the most talented. We have researched what these people have in common and developed specific principles, practices and tools to awaken this creative boost.

The obstacles to the full flourishing of your life are not outside of yourself so would you like to work with like spirited people to find a different way of being?

This is a shared learning experience that is about understanding how to get out of the way of ourselves, so we can become who we truly are.

Key themes to be experienced include:

- How we close down and ways we open up, being fluid and receptive to new possibilities whilst finding balance, stillness and focus
- How we hold emotion – awareness of points of sensitivity in the body, recognising emotion and shifting emotion
- The ego and how we get in the way of ourselves, removing judgment and conditioning, being authentic, wise, present and creative
- Finding who we truly are and supporting our sustenance and resilience