



Melanie Smithson, MA, BC-DTR, LPC is a body-oriented psychotherapist and Licensed Professional Counselor AND BUSINESS OWNER in Denver committed to transforming lives through the body, releasing, and creative modalities. She is passionate about having fun while living a successful, fulfilling life.

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Participant Gains from 9 Months to Success 2011:

- More confident and comfortable with others
- Letting go with more ease and struggling less
- Enjoying the journey, accepting my choices and recognizing ability to choose differently
- New relationship with my body, increased patience with self
- Set changes in motion where I previously felt stuck
- Relaxing of obstacles and enjoying life more
- Acceptance of self and increased focus on what's really important
- Improved relationships, gratitude and sense of satisfaction
- Received unexpected money
- Movement! Change! Enlightenment!!!

9 Months to Success 2019



Masterminding, Releasing & More

**Ready to have more?
Is now the time? If not now, when?**

“9 months ago, I sat in my car crying as I drove to the first meeting. The only thing I could think was how there was no play in my life. I perceived my life to be filled with nothing but responsibility, obligations and taking care of others. And I resented it. I was exhausted. During the last 9 months, I was blessed to have so many things fall in place. My life has come full circle. I write this today with tears in my eyes and joy in my heart. The internal changes I’ve experienced have positively affected my finances, my relationships and my health. I am beyond grateful.”

Deb Zimmer, participant 2011 returning for round 2

Do you fill your life with motivational books and seminars and still find you can't get on track? If so, you're not alone. Too often, the advice we are given does not take into account individual programming and emotions.

Success is an emotional issue. We get emotional thinking about having it, we get emotional thinking about not having it and we get emotional trying to figure out why others have it and we don't. We think better of ourselves when we feel successful, less of ourselves when we don't and we are forever judging others in the same way. All of our feelings and thoughts about success have a direct impact on our ability to create and enjoy success.

In this 9 month program, we will focus on released action; doing without resistance. In letting go of both attachment and aversion, we increase the probability of a positive outcome; but perhaps more importantly, enjoy the ride.

We will blend creative modalities with Sedona Method® releasing and Canfield success principles to set a course based on what you really want from life.

You will be guided in letting go of any misconceptions you may have that dictate your current life experiences. You will discover the skills, get the support you need and create a plan to rapidly apply this new-found information to your life plan - allowing you to "fast forward" to unimagined levels of success.

In addition to mastermind time each month, we will cover:

1. The power of community, exploring commitment and resistance
2. Enthusiasm and goals, action plans, addressing fear, self-sabotage and doing it wrong
3. Habits, discipline and inspiration
4. Creating space for new, embracing change
5. Family and societal imprints and impact
6. Upper Limits, allowing greatness
7. Body-mind integration
8. Can't versus won't
9. Wrap-up and going forward

3rd Sunday of the Month, 1:30-4:30
2/17, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15, 10/20

\$145/month or \$1175 in advance.

Enroll Today

call 303-762-8994

Enroll by 1/20 for \$50 off 1st payment