



The Power of Awareness

Access the life-changing power of awareness and change your life for the better!

This is no longer a time of Information, it's about Transformation - and this program is designed to equip you with skills and insights to successfully navigate change, create meaning and purpose in your life and realise your dreams



- **Have you had enough of the current state of your life and of how your life is lived today?**
- **Are you looking for the core tools to move things on for you to the next level?**
- **Do you want to raise your awareness, to powerfully impact your life, relationships and work?**
- **Do you need the awarenesses, insights and different thinking to help you do that**

Very many of us are frustrated with aspects of the current state of the world and of how things are for us right now. However we're also aware, albeit with difficulty, that the current paradigm is outmoded and it is time to be accountable and move to the next level.

Do you feel that too?

The Power of Awareness

A 10-week webinar-based program to help you develop your Power of Awareness to powerfully impact your life, relationships and work

To bring about the change you want in some aspect of your life you need really powerful tools, the understanding, the structure and the support to make this happen

And most of all you need the awareness

Here is a program designed to help you achieve that

Develop a powerful tool to:

- Raise your awareness of **where you get stuck** and how you can **move things on**
- Understand more of **your process**, how things occur, that stop you getting the results you want in life
- **Utilise your unique creativity** to realise your dreams
- Know more of **Who you really Are** and start living your life from that Awareness
- Develop an empowered **purpose** and set strong **intentions** to achieve what you most want from Life
- Become **powerfully motivated** to start turning things around for yourself and moving in the direction you most want



You have the opportunity to join a group committed to this shared goal, to being accountable and undertaking this journey of **awakening to Who you really Are** – your **authentic** self

Here is a great opportunity to learn – **online** - amazingly invaluable skills, tools and understandings that can powerfully help make massive progress towards fulfilling your goals in life, and find and be far more of who you really are, using the life-changing **Power of Awareness**

Next series: 26 February – 6 May 2012

- **Consisting of weekly webinars and discussion sessions, with masses of support material and facilities**
- Early bird price: **£199*** (until 26 January); full price: **£239*** (from 27 January)
- When combined with [The Point of Mastery](#) (22-25 March 2012) and booked by 26 Feb: **£429***
- Early bird booking comes with a range of bonuses, including coaching

To book:

To pay on-line: <http://www.johnglostersmith.com/booking.html>

Or e-mail: john@johnglostersmith.com **or** call: +44 (0)1249 813 188

Ask yourself: "What more could I do with my life?"



Possibilities dimly seen

Here are some prompts:

- Do you think that there is so much more that you could be **achieving** with your life?
- Do you at times feel **frustrated** with the limitations that you experience, that seem to be holding you back? For example
 - When your ego gets in the way
 - Managing difficult situations
 - Knowing where you are going or what your purpose is
 - Not getting what you want
- Is there some area in your life where you are currently stuck and where you would like to make a major breakthrough?
- Do you feel that you are being called to make your own shift, your own transformation, to step forward to a **higher reality** in life?
- Do you sense that these are challenging times but that they are calling to us to step up and make the changes that will bring us into **alignment with who we really are**?
- Would you like to gain access to the awareness, the skills and the technology that can **massively accelerate** your progress to being more of who you really are?

A breakthrough in Awareness

If your answer to most of those questions is a resounding "Yes!", then you'll likely be exactly the sort of person who is already seeking a way forward but has encountered obstacles, and that you strongly suspect that you still need to make the breakthrough in your own **awareness** that can create the alignment you seek.

Obtaining that awareness can be a frustrating process! So we're here to help you get the difference that makes the difference

What's it all about?

The key to a breakthrough and making changes in your life is Awareness

It is in a sense the life-changing shift that people make. It's that moment of insight, when people just "get it", the "aha!" moment, and when everything re-configures:

- Our core teaching is about how to develop your awareness
- It is also about how to take it forward, how to utilise awareness to make an impact on your goals
- We therefore aim with this program to equip people with the key, fundamental building blocks in life-change skills, based on the Power of Awareness

Here's what's included in this life-changing Power of Awareness program

In eight learning modalities

(1) NINE x 90 minute LIVE teaching webinars

There will be a series of taught live webinar sessions for the group as a whole, which will include the following:

1. Accessing Awareness

- Welcome to the first steps to taking control of your life – setting the scene
- Awareness is something we all have; it's a matter of how we use it
- The different levels of awareness and how you can move between them as you need
- How today we need to become more aware, to awaken to who we really are
- The immense value of being aware, of being truly authentic, true to yourself
- How you are powerfully creative and can influence your state
- Aligning what you want from the program, your objectives, with the power of intention
- Learning to be more aware, using powerful sensing and awareness techniques



2. Being aware – conscious, intentional living

- Understanding how awareness works - and the cycle of awareness
- How you can get caught up in your ego and how to stay aware
- Living consciously, intentionally, rather than in knee-jerk mode
- A powerful, practical technique to develop your awareness and how to use it in everyday situations
- How to become aware of and monitor your experience, of what occurs for you every day

- Learning to use meditation as a self-development tool
- Staying grounded and practical, linking awareness work to everyday reality

3. How you create your reality – and can change it

- Understanding and using your creative tools
- How you can be a prisoner of your conditioning and your beliefs
- How the Law of Attraction works, and how to work it so that it works for you
- The power of your thoughts and feelings and how to manage them
- How your results are the outcome of your thoughts
- The function of perception and interpretation
- Some practical tools and activities to shift your state and therefore your results

4. Transformative enquiry – living beyond the ego

- Understanding how people grow and change; stages of growth and being who you really are
- What is the ego and how to recognise it
- Understanding the triggers for ego behaviour
- Learning to use self-enquiry to take you beyond the ego
- Recognising when you're caught up in ego and ways of "getting off it" and shifting your state
- Learning to be attuned to being able to identify when you're in ego mode and when you are being who you really are

5. Knowing who you really are – the power of authenticity

- How authenticity at different levels opens up pathways to self-realisation
- Recognising characteristics of the self as who you really are
- The ideas of some contemporary western writers in the Transpersonal domain
- The contribution of eastern philosophy to understanding the self
- Recognising the self from your own experience
- Learning about experiences that serve as "portals" to who you really are
- Deeper-level self-enquiry processes and techniques
- Contemplation and meditation techniques

6. Transcending the ego – centering the mind

- Understanding the nature of personal growth, breakthroughs and self-transcendence
- Recognising certain classic core ego characteristics
- Understanding the role of the Shadow in self-awareness and relationships
- How others are our greatest teachers – even when we don't want to know!
- How the mind works and the importance of managing it
- Learning technique in self-management and mind-management
- Ways to centre your awareness and build a steady state of equipoise

7. Being your Self – living your Truth

- A review of progress: identifying pitfalls on the path and how to deal with them
- Typical everyday situations at home and work and how to deal with them from the perspective of the course
- The importance of practice, of living what is being studied
- How do you know when you are "being yourself"?
- Making subtle distinctions in recognising the ego

- The challenges and opportunities in being positive about yourself and believing in your self
- What it takes to live as who you really are – living in integrity
- Learning more centering techniques

8. Living on purpose

- Preparing for “life after the course”: staying on track
- How we get distracted from where we are going and re-minding ourselves
- What have “the real world”, action, resistance and sabotage to teach you?
- Living with others who don’t share your perspective
- The importance of effort and practice
- Setting an empowered purpose as a result of learnings gained on this course
- Setting powerful intentions to implement the vision
- Energising your purpose



9. Manifestation in practice

- A review of the material covered in this course
- Being clear about what you are creating
- Applying the material to money, relationships, work and career
- A review of techniques and their practice in action
- A review of the cycle of awareness
- A series of activities to complete our journey together

These topics are covered in the “taught” sessions, but also reviewed during the “live” Q and Q sessions that follow each taught session (see No. 5 below)

To accompany this intensive teaching program there are the following complementary activities:

(2) Nine "Listen again" mp3's in case you can't make the call, or if you want a review of what is being covered

Each “live” session is recorded, confidentially for the group alone, and is available almost immediately afterwards to play again at your leisure, to reflect on what was discussed and to replay again as needed, and to practice the activities and processes used in the session

(3) Nine summary transcripts of the calls in case you like to read the material too

You will be sent summaries of the points made, laid out in a “workbook” style to help with quick reading and review, along with the practice and reflection exercises below

(4) Practice and Reflection Exercises will be sent after each webinar

This is often a key aspect of this kind of personal development work, where people reflect on and take action on what is being taught and studied in the program. So often it is what occurs between sessions that are as relevant, or even more relevant, to what is being studied, since our lives consist of what occurs for us in each and every moment.

(5) EIGHT LIVE 90 minute Q & A sessions with John Gloster-Smith to support your journey

People have described John's Q & A sessions as being of enormous value because they are able to raise and get ideas and solutions to matters particular to them, or they find that the questions raised or issues discussed by others have huge relevance to them too. This is often one of the great benefits of taking part in groups, the seeming "universality of experience"

"John has a wonderful approach which has drawn me out and dealt with deep issues in a very gentle and safe environment."

This is where the teaching can be made particularly specific and relevant to individual journeys

(6) EXCLUSIVE online forum where you can interact with other participants

This is an opportunity to make contact and interact with other participants, to share your insights, compare your experiences, ask questions and generally support each other. John will be checking in and commenting too.

(7) EIGHT Guided Meditations (mp3's) – one to accompany each webinar

There will be special pre-recorded guided mediations to support the work. Meditation will be taught as part of the process, since it is seen as an invaluable tool, but the meditations are really about supporting you in getting the awarenesses and insights that you need

(8) UNLIMITED E-mail access to John Gloster-Smith for short answers to questions arising from the work

You will be able to make contact with John about aspects that you are working on and receive short comments, insights and also suggestions and prompts for your own awareness and thinking.

Access the Power of Awareness – and get the results you want

This is a very special opportunity for you to join a group of fellow seekers in an online process of **self-discovery** and **self-knowledge** that can bring really major **accelerated** progress towards what you seek – through developing your Power of Awareness.

People who have already done this work have often described the results as **transformative** - well beyond what they imagined.

"I realised my goals – but not in a way I expected to. I was waiting to be asked the problem and be given an answer. Instead – this morning – I found the answer and it covered years of bad emotions and a wide range of issues I had...Thank you so very much for a life rediscovered."

Here's what participation in the program can bring you

- The experience of a journey in personal growth and **self-awareness** that can transform what you believe possible, massively raise your motivation and ability to take action - and therefore what you can achieve in your life
- The ability to develop and use self-awareness as a key life skill in **managing everyday situations** in your life and work
- Knowledge of and greater alignment with **who you really are**, your authentic self
- The ability to recognise **when your ego is getting in the way** and strategies to move beyond limitation
- Visibility of the results of being more able to live in a way that is **true to yourself**
- The development of an effective and practical **purpose and action** based on a fresh and empowered understanding of who you are
- The ability to **use awareness** as a tool in and of itself
- Participation in a journey of **awakening** that very many others are now undertaking
- A connection with **a group** of other seekers after the truth of who they really are



"Thank you for all your help - the course was wonderful and has made a hugely positive and lasting impression on me. I can't thank you enough."

Join the many who have already being seeing a difference

Many people have now been benefitting from this work on developing Awareness. Here's some of their comments:

"I learnt very valuable lessons about myself within the group that was familiar to patterns at home. John was brilliant. Just when I thought I may not get what I wanted by this course, the penny dropped as if it fell out of the heavens and it seemed to happen for all the group at the same time - mind blowing."

"What is more important than knowing our own mind? This...has given me the feeling I can control my mind but it takes practice and work, so that you for your help."

"I have learned as much from your way of presenting the workshop as I have from the work done with and within the group. Your affirmation and accepting approach has taught me how to create a "safe emotionally" environment for real life-changing work to take place".

"The last few days have been an experience which was as powerful as it is hard to describe. I leave with a sense of calm, lightness and joy, with certainty that I am on the right course in life, with a sense of courage and self respect."

And here you can read more about John Gloster-Smith

John is a very experienced seminar leader, facilitator and coach, leading open personal development programs and also developing leaders in organisations. He specialises in training and coaching people in **awareness**. He has himself trained extensively in Gestalt Therapy, Transpersonal Psychology and Yogic spirituality, is an NLP Master Practitioner and a qualified teacher (BA (2:1) and PGCE, Oxford University) and is accredited as a coach with The Association for Coaching. People describe John's style as very friendly, warm and supportive combined with an insight that gets right to the exact point of people's developmental situation and supports them to go beyond this point for maximum awareness and learning.

"John is an outstanding consultant, a consummate professional and invaluable asset in supporting both organisational and individual change. Embracing the needs of the individual he is working with, John draws from a vast repertoire of skills and knowledge to achieve the desired goals." Jennifer Ibbetson, Director International Account Management, Right Management Consultants.

Booking details

Dates of program

Nine live 90 minute webinars: they will all be held on a Sunday evening at 7.30pm

- February 26
- March 1, 8 and 16 and 29
- April 4, 19, and 26
- May 3

Eight Q & A sessions with John. they will all be held on a Thursday evening at 7.30pm

- March 4, 11, and 18
- April 1, 15, 22 and 29
- May 6

Don't worry if you can't make a date - every session is recorded and made available to watch later or as an mp3 download.

To reserve your place, book here:

For this comprehensive program the full price is £239* GBP ([Quick currency converter](#))

[Book here](#)

If however you make your Early Bird commitment by the 26th January 2012, there are these additional benefits:

Early bird bonuses

As an **Early Bird Investment**, if you **book up to one month before the Program**, here are the **THREE *powerful additional* resources** you will receive:

- A post-course 60-minute **online/phone coaching session** with John Gloster-Smith to help you consolidate what you have learned and put it into practice
- An **e-book** copy of John's popular book, "[Connecting to Inner Peace](#)". This is a very effective reminder of the program with its own set of exercises and reflections - and lots of extras
- A download of **guided meditation processes** as an mp3, for your own use, to help you prepare and to use during the program. These are guided processes used on many of our programs and include a special tuning-in process, training in breathing technique and techniques to enhance awareness

Here's a reminder of what you are getting for this special price:

- **NINE x 90 minute LIVE teaching webinars**
- **Nine "Listen again" mp3's in case you can't make the call**

- **Nine transcripts of the call in case you like to read the material too**
- **EIGHT LIVE 90 minute Q & A sessions with John Gloster-Smith to support your journey**
- **EXCLUSIVE online forum where you can interact with other participants to share your insights, compare your experiences, ask questions and generally support each other. John will be checking in and commenting too**
- **EIGHT Guided Meditations (mp3's) – one to accompany each seminar**
- **Practice and Reflection Exercises will be sent after each seminar**
- **UNLIMITED E-mail access to John Gloster-Smith for short answers to questions arising from the work**
- **The three bonuses:**
 -
 - **A post-course 60-minute online/phone coaching session with John Gloster-Smith**
 - **An e-book copy of John's popular book, "[Connecting to Inner Peace](#)"**
 - **A download of guided meditation processes as an mp3**

If you make your Early Bird commitment by the 26th January 2012, your investment will only be £199*!

To reserve your place, [book here](#)

However.....

If you have decided that 2012 is your breakthrough year – then you won't want to miss this extra UNIQUE OPPORTUNITY...

The Power of Awareness online program is specially designed to dovetail with our flagship experiential personal growth program, [The Point of Awareness](#), which will be run in parallel part way through this course.

You therefore have the opportunity to learn the **fundamental building blocks** of Self Awareness through the online program and then to **use The Point of Awareness** to give you **practical "real-life" insights** into your own situation, **learn through "here-and-now" work** what actually occurs for you, and how to change it, tap into what comes up in the group, and achieve **massively accelerated progress** through combining the two programs. Then the five remaining online webinars will help you **integrate** what you have learned.



"I experienced a very powerful group experience facilitated in a very skilled, safe and exceptional way. It was expertly led by group needs, but had a wonderful underlying structure which was informative and positively challenging. Close attention was paid to everyone's needs and reasons for joining the course. I cannot recommend this course highly enough. It was a wonderful experience that I know will have life changing consequences. A highly supportive experience."

So..... if you sign up for both **The Power of Awareness** running between 26 February and 6 May and **The Point of Awareness** on 22 – 25 March 2012 before 26 January 2012, the very special overall price for both programs, INCLUDING THE THREE BONUSES is just **£439*** (that is a saving of £129 on the full price of each program taken on their own)

To reserve your place for this combined program immediately, just click below

[Book here](#)

Or, you can always send us a **cheque** in GBP pounds sterling to

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*For full terms and conditions, [click here](#). To listen via the web is free. For calls, the [Skype](#) connection is free; phone calls can be made on very low cost lines (eg [Planet Talk](#)). A computer with enabled mic and speakers will be needed to take part, along with a stable internet connection.