

Your Life Revealed: Easy to follow steps to create your Soul Map

“Find a better way of living your life with intuitive life guidance. Learn to move beyond a challenge or difficulty to live a happy, contented and fun filled life.”



Is it time for a new dawn in how your life moves forward?

Alison Wem offers a new approach to help you know yourself better and to enhance your sense of personal calmness so you can be more effective at work and live more harmoniously at home.



In this workshop you will explore the life lessons and relationships in your life. With the insight gained, you create a Soul Map. A soul map is a visual representation of your life and an aid to understanding yourself better.

A Soul Map strengthens your communication with your soul and brings relaxation and calmness. It is a mind map that provides a route from your conscious mind to your soul and enables your soul to guide you in your development.

You design and colour this geometric picture based on a selection of templates. No artistic skills are required. It is like when we were children and we learnt to paint by numbers.

Explore your inner wisdom to guide where you are going with your life. What is the right thing to do next in your life? What are your Life Lessons? Who among your family and friends are part of your eternal Soul Family assisting you with your lessons? Identify changes which you might want to make in the next chapter of your life.

The workshop commences with a relaxing meditation to assist with exercises and closes with a reflection on your Soul Map so you experience how you might use it in your life.

22nd June & 28th September 10.00am – 4.00pm. £30 Absolutely no artistic skills are required.

Alison Wem is married with five grownup children who have all flown the nest. After a successful corporate career, she left to pursue her true dream of helping people lead happier, healthier and more prosperous lives. She has published two books *Creating Your Soul Map* and *Finding Your Soul Family*.



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