



# WISDOM IN YOUR LIFE

Psychological and Aboriginal Ways

- Our Philosophy:**
1. Simple, integrated and inclusive
  2. Connect, integrate, expand
  3. Plan, act, reflect
  4. Knowledge, experience, practice

## Earth School

Foundations for life. "Why didn't someone tell me?"

Roslyn has commonly heard these words over 20 years, and Earth school is the lessons everyone needs to know to have a healthy mind and healthy relationships, the two most important things for people.

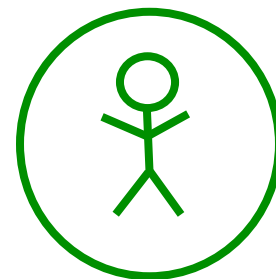
### Healthy mind

Ten 1.5hour lessons to be emotionally mentally healthy and live at the centre of your life:

1. A way through
2. Emotions as energy
3. Being Captain of your own life
4. Internal balance
5. External balance
6. Anger cycle
7. Stress and the body
8. Mind/body connection
9. Learning cycle
10. Behaviour as communication



Off centre and emotionally mentally unhealthy



Healthy and at the centre of your life

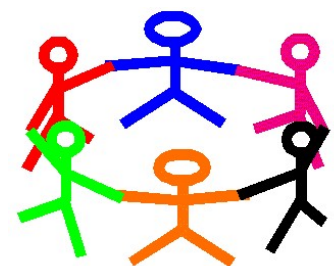
### Healthy relationships

Ten 1.5hours foundation lessons to maintain and improve relationships with other people:

1. Conscious versus unconscious relationships
2. Equality
3. Connecting
4. Three types of relationship
5. Masculine/Feminine balance
6. The five types of love
7. Language of love
8. Repeating family patterns
9. Drama triangle
10. Defining your relationships



One person dominates and everyone has to be like them.



People are equal and are free to be who they are.

### Our lessons:

We learn and grow from experience.

By doing things as opposed to simply listening or reading we integrate our learning.

Our training experiences provide a series of integrated and inclusive simple activities resulting in profound learning.

We use a range of art/ music/stories/dance to create experiences for people to connect.

Some topics can be emotionally challenging they are explored with wisdom, fun, laughter and love.

We provide knowledge, skills and practical everyday solutions.

Our facilitators have unique knowledge, skills and abilities to create spaces for you to learn.