



There is a certain relief in change, even though it be from bad to worse! As I have often found in travelling in a stagecoach, that it is often a comfort to shift one's position, and be bruised in a new place.  
*Washington Irving*

**What is ONE thing in your life that you would really like to change?**

It might be something seemingly trivial like keeping your workspace organized. Or it might be something apparently more complex like being more confident in your relationship with your partner, or even having a relationship or overcoming an addiction.

**How do you feel when you think about this change? Does it excite you or cause you to feel anxious and afraid? Have you tried making this change before and failed? Do you believe that making this change is going to be difficult and that you're really not up to it?**



You miss 100 percent of the  
shots you never take.

Wayne Gretzky

The conscious, spiritual journey that I have been on for over 20 years now has been one of ongoing change. I am not the same person I was 20 years ago and I don't just mean physically. I mean mentally, emotionally and spiritually as well. By making small, key changes, often one at a time, I continue to move into a more expansive, creative, liberated, peaceful and joyous expression of that which I am deeply yearning to be. The changes I've made range from finite, specific and tangible ones to ongoing, complex and intangible ones.

***For example:***

- Being punctual (really big one for me!)
- Being organized with my work, home and relationships (another biggie 😊)
- Leaving a financially sound career for a financially more volatile career (and being infinitely happier for it!)
- Getting more physically fit and mentally and physically more flexible (youth-ing!)
- Not obsessing over my weight, appearance or a 'soulmate/partner' while enjoying life more than ever before (unimaginable relief and freedom!)
- Becoming a daily meditation practitioner from being a non-practitioner
- Being much more accepting of people and things that would have annoyed, upset or overwhelmed me in the past
- Refusing to blame (Accepting and Responding Intuitively)
- Becoming a 'roller' from never having rolled before (rolling is a necessary skill in the practice of Aikido)
- Becoming a self-healer (using the power of Intention, Attention and Allowing)
- Being so much more peaceful and joyous than I have ever been

I could go on but it would take forever!

Now I know that you too, like me, have been making changes in your life, too many to list! But sometimes, for any number of reasons, we find it harder to make the changes we know we must, even though the weight of stagnation drags us down. Even though we may feel the frustration of not moving in the direction we want to. Even though we fear that time is running out. Even though our unwillingness to change is feeling more and more like a slow death.

And meanwhile, if we take an honest look at ourselves, we might find that we have become more fearful about letting go of what we have, having invested so much time and energy into it. We may even find we have become more distrustful of our ability to change, having lost confidence in ourselves.. And we may find we have become better at finding reasons why change is hard or undesirable or even impossible.

**In short, we resist change. We procrastinate. We give up.**

My Workshop, **Change just ONE thing Today**, is designed to help you make a shift in your life and get momentum and enthusiasm back into it by focusing on just **one** thing that you would like to change.

**Specifically, this 3-session Workshop will help you:**

- Bring clarity around, and commitment to, something in your life that you're seeking to change
- Overcome your long-standing fears and resistance towards making the change or even embarrassment in seeking help to change
- Awaken your natural ability, power and confidence to make the change effortlessly
- Establish powerful and lasting habits of thinking, feeling, speaking and being that support you spiritually, intellectually, emotionally and physically in this change and in life generally
- Do all this in a safe, compassionate, non-judging and joyous space

Be assured, the power of making **just ONE change**, no matter how small or insignificant it may seem, is immeasurable.



**YOU can make any change you want in  
YOUR life and you can do it TODAY.**

If you're wondering about that, it's because you've bought into the myth that change happens only when you see the desired result.



**Change begins the instant you start giving  
*consistent attention* to the change you desire.**

If you can truly get that, you will also discover how effortless even the most frightening change can be.

**So, what is *one* thing you'd like to change in your life today? Take the bold step and say 'YES' to it.**

**✂ Sign Up for my 3 Session Workshop – *Change just ONE thing TODAY!***

### **✂ Workshop Details**

- 3 X 3hr sessions over 3 weeks at mutually agreed times
- Total Cost: \$90 (if you book before 15 April, \$270 after)
- Face-to-face, over Skype or by phone.

**✂ Act now.** It's nowhere near as hard as you believe it to be! In fact, it can be enormous fun! [Email](#) Text or Call me.

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Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.

*Life's Little Instruction Book*



Lucy Lopez has been Mentoring, running Workshops and Retreats and teaching and guiding Meditation since 2001. She has a degree in Science and has been a High School and Tertiary teacher. She has also been a Human Resource Manager and done Research in Educational and Cognitive Psychology. Raised as a Catholic, Lucy has been spiritually enriched by the teachings and practices of Buddhism and Vedanta especially in relation to the Nature of Mind/Reality. She is thrilled by her interactions with people and things that arise from the rich, raw and deeper levels of our 'hidden wholeness'.

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