

**Effortless** **Mastering the**

**Creating Miracles and a new group cycle opens in April.**

There are many ways to perceive or look at situations we encounter. We can listen to what is being said in a concrete way or we can choose to discover miracles.

My first choice is to listen and feel before I try to understand or analyze, because I choose to look for miracles.

We overlook so many things that are said since we want to react fast, we don't listen carefully since we want to start talking about our experience or to defend ourselves or to be right.

Acting that way is a waste of time. Each encounter holds an opportunity for a miracle, we just have to look for it and be open and less predictable.

We can explore this miracles' vibration and play with it or not. In a certain way, if we want to see miracles, we need to invent them!

***This is my intention. To master it.***

***I want to create it for myself, to find the energy that will bring me there.***

***I know I will find treasures there.***

I invite you to practice miracles together with a lovely group and myself for 8 weeks.

**The group meetings are limited for 8 participants and are Zoom meetings.**

**A new group cycle will start on Monday, April 25th.**

**The group will take place on Mondays 17:00-18:30**

**The dates are:**

**April 25**

**May 2, 9, 16, 23**

**June 6, 20, 27**

**\* There are only few places left for April's group.  
Registration for April's group is now open.**

### **More about the group**

Through the intimate group setting I would like to bring your essence to the surface. We are often unable to see what others can see in us. Finding the courage within us allows us to open up to new possibilities and align our desires with who we really are.

Realizing that we are always changing is essential for our growth.

Focusing our attention in an honest vulnerable way by asking ourselves again and again what do I want today, who am I today and what excites me allows us to be dynamic and can reduce a lot of suffering.

I strongly believe we are not here to only suffer. Each and every one of us is here to discover, grow and experience, to be excited and curious about ourselves, others and the world we live in!

This program requires a commitment to a process of deep self-inquiry. Come as you are with the themes and issues you are dealing with which you would like to work on in a deeper way. Perhaps you will discover something new about yourself!

This group is perfect for coaches and trainers.

Each meeting is 90 minutes long

The price is 35 € (which should be paid in advance).

All 8 Meetings can be purchased in advance for 280 €

**For registration, please e-mail [anola50@gmail.com](mailto:anola50@gmail.com)**

Sending love,  
Alona

### **WEBSITE**

<https://www.meditationineverything.com/>

## SESSIONS WITH ALONA

**Single session** - 80 Euro (possible also via Skype or Zoom)

**Couple session** - 150 Euro (possible also via Skype or Zoom)

**Guided meditation** - please contact me to get a link for the next free meditation on Zoom.

For booking a session e-mail: [anola50@gmail.com](mailto:anola50@gmail.com)