

WHAT IS SELF-AWARENESS?

Every one of us experiences inner talk. It is that voice inside us that expresses our feelings, reactions, or expectations from everything that we experience.

Self-awareness is learning to hear the voices within you so that you can be conscious of the choices you are making in your life.

Nobody talks to you more than you do. We need to be aware of what we are telling ourselves because it predicts our behavior and outcomes. Our self-talk reflects the beliefs we hold about ourselves and others.

1. Our beliefs are the basis of our thoughts, our self-talk.
2. Our thoughts predict our actions.
3. Our actions predict our outcomes.
4. Our outcomes reinforce our beliefs.

Self-awareness is not only important for achieving our life goals, but for keeping ourselves healthy.

"Every thought you have triggers something physiologically in your body." — Dr. Phil McGraw

HOW DO I HELP YOU INCREASE YOUR SELF-AWARENESS?

There are many ways to increase self-awareness. The approach I use is one of helping you access your inner knowing through the use of colored light. There are two ways that we accomplish this.

Inner exploration: using colored light to stimulate the insight and understanding of issues or events in your life.

Dream analysis: using colored light to enhance your understanding and insight into the symbolism or subconscious meaning of your dreams.

HOW DOES THIS WORK?

Colors have been shown to stimulate and improve access to our thoughts and feelings. Each of the colors I use is mapped to specific issues. The colors I select for your session are specific to the issues you chose to explore.

While looking into the light, I bring your attention to the images you see, the feelings you have in your body, and the thoughts that come to your mind. This process allows your conscious mind to explore and become aware of the thoughts, feelings, and memories held in your subconscious or unconscious mind.

In most cases, simply talking about the beliefs or personal history that is the cause of our beliefs, while looking at the colored light, is enough to allow a shift or release of undesirable beliefs. Consciousness is brought to the present and the emotional charge of the past is released.

In other cases, there are many levels of layering that need to be uncovered before an unhealthy belief is fully understood and resolved.

You are the one who decides what issues to explore. You also decide how long you want to explore them and how much change you desire.

"..light is the messenger of life, because it is alive and contains all information".

— Don Miguel Ruiz, *The Four Agreements*

IS THIS FOR YOU?

Using colored light to increase self-awareness is a relatively new approach. It is non-invasive, safe and very effective.

Like meditation, it takes you into aspects of yourself that you may not have previously experienced. Some people have very spiritual experiences and others do not.

Colored light therapy does not replace conventional medical care or psychological counseling. It can however, potentially enhance the outcome of these traditional therapies by bringing awareness to the beliefs behind your illness or personal challenges.

HOW TO GET STARTED

Call for an appointment. Sessions are 50 minutes each. The initial visit will be slightly longer and will include a baseline assessment.

The spacing and timing of visits is up to you. Beyond an initial commitment of 2 visits, there is no required number of sessions.

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AUDRIE MEYER

began her practice five years ago with the goal of assisting others on the path to enlightenment. She assists them in learning how to find their way to wholeness by looking within and using their own inner wisdom to guide them.

Audrie's practice is designed to assist you in discovering for yourself, your True Self by using colored light therapy to help you see within. The process is based on the work and teachings of Steven Vasquez, Ph.D. Audrie has also been working with a variety of natural and energy-based therapies since the early 90's. She learned the art of spiritual healing while studying at The Nirvana School of Enlightenment. Audrie is currently writing a book that teaches one how to use one's inner knowing to select natural remedies for self-healing through Dowsing.

Audrie worked for over two years as a Crisis Line Counselor at Yolo County's Sexual Assault and Domestic Violence Center. She is certified in California as a Peer Counselor for victims of domestic violence and sexual assault. Prior to starting her practice, Audrie worked in the computer industry in product planning and strategic planning. She has her MBA from New York University.



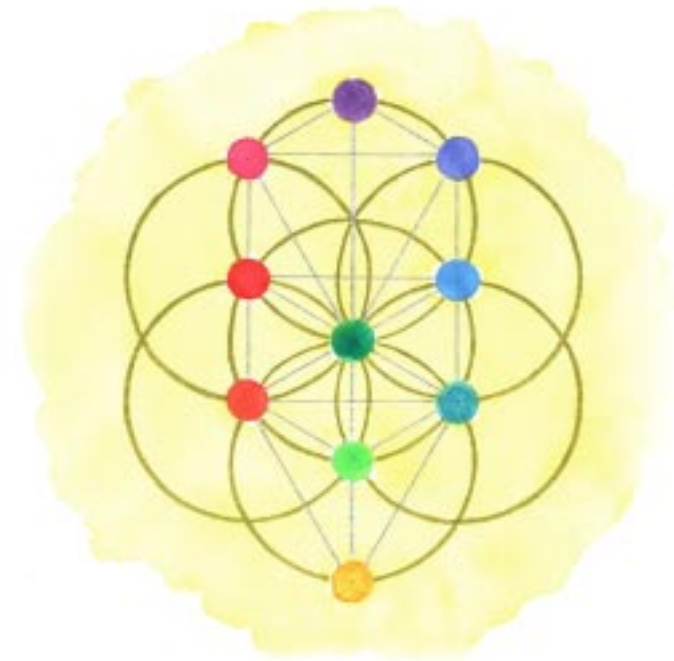
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Color & Light **THERAPY**



**A Powerful Catalyst
for Self-Awareness
& Personal
Growth**