

“OS - I AM” Seminar

Step 1 - LEARN HOW TO DO IT

- 1) No-Thought, Present-Moment Awareness (Observer Self)
- 2) Fully Embodied (Intact)
- 3) Connected to Source (Access)
- 4) Allowing Essence of Life to Flow into Heart and Radiate Out (Move)

Step 2 - APPLY IT TO DAILY LIFE EXPERIENCES

- 1) Pull Out of Unpleasant Emotional Reactions
- 2) Heal Unresolved Emotional Issues
- 3) Harmonize Relationships
- 4) Manifest Desires

This SENSORY EXPERIENCE will cause the Law of Attraction to start working for you, rather than against you.

Saturday, May 10, 2014 ~ 10:00-5:00

**La Costa Paloma Community Center
1953 Dove Lane, Carlsbad, CA 92009**

Tuition: \$200 (includes book)

LET YOUR HEART DECIDE!

RESERVATIONS: (760) 592-9045 ~ os.iam.consciousness@gmail.com



CHANARA CASEY RICHMOND, B.M., M.M., has been teaching people how to use the energy of their subtle bodies for decades. Her resume, student testimonials, free videos, and info about her work as a performer, voice teacher and performance coach are available at www.chanaraSings.com. In April 2013, Chanara experienced an epiphany. In an instant, like tumblers in a lock, she was shown a way to connect people with their Inner Guidance and was told to share it with the world. She is doing this through her book, “OS-I AM,” and one-day seminars. More info, free support tools, and interactive blog are available at www.os-iam.com.