

WHAT TO BRING WITH YOU

Come with 3 goals in mind of what you would like to create for yourself over the next year. Please give some conscious consideration to this.

Bring a piece of music that inspires you. If possible, have it be a piece of music that resonates with your energy. When you hear it you love it, you feel good, the music touches you. If you are not aware of such a piece of music, or song, see if you can find one between now and when you are in the course and bring it with you.

Please bring a candle. Whatever color, shape, and size you like the most would be appropriate. You will be lighting this candle periodically during the course. (Please ensure that the candle you select is contained so that the flame remains within the confines of the container. This way the wax will not drip onto the flooring and/or furniture.)

Please bring a picture with you one that, in your opinion, exudes your energy. It would be nice to have one with you that you could refer to from your past.

Bring, and wear, comfortable clothes that you feel attractive in. Clothes that you think flatter you a little. It is not necessary to bring anything fancy.

Bring a good attitude and a curious mind because we will be exploring ideas together.

I am looking forward to sharing my love, knowledge, passion, and essential energy with you.

Love and light,

Arlene Rannelli.