

# The Owing Pink Self-Discovery Workshop



The Owing Pink Self-discovery Online Workshop Series has been specially created for those of us who find ourselves out of tandem with our truth and seek to bring our body, mind and spirit into clearer alignment. The series has been custom designed by intuitive leader Caroline D. Bobart exclusively for the Owing Pink community. (Thank you, Caroline!)

## Connect Your Mind, Body and Spirit

Join Caroline on a twelve-week intuitive journey into the realms where your spirit, body and mind come together. **Find your way back** to your true voice, your own heartfelt longings, and your awareness of your own **magnificent self**. By aligning the energy of the group through guided visualization, Caroline will take you on a quest through the powerful vehicle of your sixth chakra, the seat of your imagination, into a **safe and exhilarating exploration** of your inner self.

You will visit (virtual) sacred sites across the globe to help you tune into your most subtle emotions, body signals and impressions. Using powerful visualization techniques, you will **access your intuition** and authentic communication with your higher self, creating a pathway to change the nature and flow of your everyday experience.

While your journey will be entirely personal, guided by Caroline and traveled by you, you will have the **energetic support of the entire group** to nurture your personal potential for joy, healing and transformation.

All sessions will be held via phone conference from 12pm-1pm Pacific Time (US)

Full Series: \$150 US  
Miniseries: \$120 US

## Deepen the Connection

### Owing Pink Self-Discovery Sessions

1. **Rediscovering Your Authentic Voice (April 8)**
2. **Knowing Your Body (April 22)**
3. **Reading Your Body (May 6)**
4. **Creating New Spiritual Contracts (May 20)**
5. **Communing with Source (June 3)**
6. **Creating Your Future (June 17)**

*(Miniseries: Sessions 1 – 4)*

In addition to the group calls, Caroline has offered to support your personal journey during this exciting time by helping you integrate what you are discovering in **one-on-one sessions of deep intuitive guidance**. As a workshop participant, Caroline is offering this service to you at a savings of more than 20% of her usual rate. To learn more about Intuitive Consultations with workshop leader Caroline D. Bobart please visit [her website](#).

**Ready to join us?**

[Register now](#) to explore your inner self on this exciting journey with Caroline! Registration deadline is midnight April 6, 2010

# Session Detail

## Session 1. Rediscovering Your Authentic Voice

Embark on a magical energetic excursion with other members of your group (the location is secret and will be announced on the day) and sit in the place that has been specially prepared for YOU. As a group, you will re-discover aspects of yourself that have been forgotten or dormant for some time. Perhaps these aspects will have changed from what you once knew them to be. In this place you will have ample time to receive and integrate the messages from your own unique spirit as they relate to your current experience of life. You will be encouraged to write these messages down as they will provide you with valuable insight and understanding of some of the shifts that need to happen in order for you to feel more connected and whole. ***This type of inner work is a homecoming of sorts and can be a moving experience for those who have been longing for that feeling of reconnection with themselves for some time.***

## Session 2. Knowing Your Body

During this session we confront the often tricky relationships we have with our bodies and extend the olive branch to our physical form as an offering of peace and goodwill. There is much wisdom that can be gleaned from being in communication with our bodies and, no matter how in tune we are with our body's wisdom, there is always great healing to be gained by coming into greater alignment. Discover the profound messages your body seeks to give you. ***As a spirit in a physical body, this session will not only raise your awareness of yourself as a limitless being but also of how your body's myriad responses serve to embellish your experience of life here on planet earth.***

## Session 3. Reading Your Body

This session looks specifically at any discomfort in your body and teaches you how to read the wisdom of its messages. In this way our bodies act very much like a barometer of what is happening in our relationships both with others and with ourselves. ***This is a valuable opportunity to learn how to tune into the discomfort that can arise when in some way – either consciously or unconsciously – we compromise our spiritual integrity, and use this communication to get to the very heart of the matter and ensure that we stay true to ourselves.***

## Session 4. Creating New Spiritual Contracts

Here we invite you to choose a "special" person in your life to energetically join us in another sacred (virtual) location, a place that you can be assured will be tranquil, healing and beautiful. Often we struggle with someone because we haven't yet managed to peel off the "glue" that keeps us trapped in verbal and, more often, nonverbal or telepathic exchanges with them. Delve into your inner realms and discover your spiritual contract - the bond that keeps you in communication – with this person. Once you have a glimpse or greater awareness of the contract, you can begin the joyful task of releasing or reforming it to ease your relationship in this lifetime. ***This work is ideal for those who find large portions of their energy and attention consumed with unwanted or undesirable communication with specific individuals and who are ready to begin breaking out of established patterns of thinking and responding. Ultimately, this is the path by which you can release energy and creative resources that have been tied up in one person and go on to freely create situations and relationships that honor who you really are.***

## Go Within

*Due to the deeply personal and spiritual nature of this work over the coming weeks, it is recommended that you honor your process as sacred and give yourself ample time to sit with, enjoy, behold and integrate this deep work before releasing it into the world to be seen.*

*This private transformational work deserves validation, though, so at the end of the series you will be invited to take part in a live group sharing and celebration and Private Posse Blog.*

## Session 5. Communing with Source

By this point in the Series, you will be more familiar with the voice of your Spirit and more comfortable sitting in communion with your Higher Self. In this session, open only to participants who have registered to take the whole Owing Pink Self-Discovery Series we go on a pilgrimage to a sacred (virtual) site and explore our truth with Source. Bask in this place of authenticity, peace, healing and love, and enjoy the time you've been able to carve out for yourself with the ultimate creator that resides in you. There are no secrets, no fears, and no hidden agendas in this place. There is only the communication between yourself and all that IS. This experience is a wonderful validation of who you are as a Spirit and the many blessings that you are fully entitled to embody, share and express. This is a spiritual healing. Sometimes, all we need is an experience that helps us truly see ourselves or perhaps a little permission, a little reminder or a little encouragement to claim our truth. ***This topic is a critical aspect of the commitment that each of us makes to ourselves on our individual paths of self-discovery. The emphasis of this session lies in showing participants how to incorporate this essential building block of dialog with Source into making their dreams become reality.***

## Session 6. Creating Your Future!

This session marks the culmination of our work together, is open only to participants who have registered to take the whole Series and will take place in the virtual outdoors. You are encouraged to spend some time beforehand thinking about what it is that you'd like to create for yourself in the coming months. It's a bit like turning up to school with a kit full of craft supplies and only a rough idea of what you'd like to make to take home at the end of the day. Based on the work you will have done previously, we will spend most of this session fine-tuning our creations in a sacred circle of mutual validation, communion and support, while we have these creations witnessed and release them to our designated guides and/or the universe to be manifested in the most perfect way/s. ***The techniques laid out in this session are powerful tools that you can take away for a lifetime of conscious creating. By their very nature, our use of these techniques incorporates some of the often forgotten factors, levels of self-awareness, and personal commitment that play a part in our ability to create and enjoy a life full of purpose.***

## Pink Workshop Agreement:

By registering to join the Owing Pink Self-discovery Series, you agree to the following.

1. The Owing Pink Self-discovery Series is a complement to – and NOT a replacement for – any medical or psychological treatment program.
2. You accept FULL responsibility for your own spiritual evolution and healing through this highly individualized process and you agree that neither Caroline Diana Bobart nor Owing Pink accept any liability on your behalf.
3. Before each session you communicate both to yourself and to those around you that you will be on an important call and cannot be interrupted.
4. You will show up to your sessions on time, wherever possible having given yourself the gift of 10-15 minutes beforehand to center yourself and be present.
5. To give yourself, your workshop leader and your fellow group participants the utmost respect at all times.
6. You recognize that mutual validation and support of group members is a welcome, healing and transformative contribution that each person can bring to the space.
7. Both before and after each session, you will strive to make appropriate tangible changes in your life so as to maximize the enjoyment and benefits to be derived from the Owing Pink Self-Discovery Series.

Sign Up Today!

Register now to explore  
your inner self on this  
exciting journey with  
Caroline!

**Registration deadline is  
midnight April 6, 2010**