

Life Enquiry & Awareness Practices to Awaken your

Natural Wisdom



An opportunity to experience "Dyad Self Enquiry" - a simple, direct and powerful approach to personal & spiritual growth. Dyads offer a structured way to reflect, speak, to be received and truly understood. Get clear on key aspects of your life. Become better at owning them and speaking them. No advice. No fixing. No therapy. Just presence, authenticity and real understanding.

"Sometimes, just getting clear on what it is that you want brings real life results. And sometimes in order to get these results, you don't need hours and hours of work." Tom Otter - participant

Know Yourself and Claim your Life Purpose

Get clear on what's really important to you, your direction - what you love, what fires you up.

Improve your Relationship Skills

Bring more ease, understanding and fulfilment into your key relationships.

Become a Better Communicator

*Get better at expressing yourself -
less holding back, more confidence, without the upset or drama.*

Become a Great Listener

Grow your ability to be present, receptive and curious for those who truly matter.

Anthony Johnston

"I've worked with this process since the mid 1980's. This work has had a huge influence on my life, and has been a source of exploration, inspiration and unfolding since then. I'm a trained Mind Clearing Practitioner and an Enlightenment Intensive facilitator."

Dates & Times

***** MIXED - Sat am - 19th July** - arrive 10.15am 10.30am to 12.30pm ***

***** MEN - Mon eve - 21st July** - arrive 6.15pm 6.30pm to 8.30pm ***

Venue - The Village Soul Project, Chuley Rd, Ashburton, TQ13 7DH

Cost - These introductory sessions are by donation

Free parking directly opposite the venue

More information - contact Anthony

Photo curtesy of Mark Burwood - Sherewood Gallery, Ashburton