



## MENTAL MASTERY SERIES PROGRAM

In Mental Mastery, we begin to define a vision for life, and understand how the inner workings of the mind determine our daily experience. Using the tools and techniques presented, we see the patterns that dwell deep within the unconscious mind, and learn to discern the layers of thoughts and beliefs that make up our mental terrain, empowering us to navigate them in a way that allows access to each person's full potential.

This program will teach you how to:

- Identify your mental patterns and the beliefs that have limited you in the past
- Direct your mind to align with the vision you have for yourself
- Understand the patterns of the people in your life, enabling you to be a positive support

Focus the mind in a way that will catalyze change in your life, shifting your patterns to make space for a new experience

Benefits of this program include:

- Increased mental clarity and focus
- A sense of empowerment to define and create your experience
- A new energy and passion for life

**TO SIGN UP, GO TO**  
**[MatthewLaBosco.com](http://MatthewLaBosco.com) or**  
**[email Matt.LaBosco@ConsciousTransformation.com](mailto:Matt.LaBosco@ConsciousTransformation.com)**



Date: Wednesdays from October 26<sup>th</sup> thru December 14<sup>th</sup>  
Time: 5:30pm PST / 8:30pm EST  
**Where: VIRTUAL Online Classes**  
Cost: \$298 (includes \$150 Audio Program)

All classes taught by Licensed CT Meditation Teacher,  
Matthew LaBosco

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