



**Change Your Outlook,
Change Your Life!!!
The Healing Power of Abundant Thinking**

Jesus proclaims, “I have come that you may have life and have it in abundance.”(Jn10:10) God desires that we live a life full of love, peace, joy, hope. Yet our outlook and thinking can limit our receiving God’s abundant gifts.

Come and reflect on the meaning of “abundant thinking” and learn ways to experience life in greater fullness including: visualization, meditation techniques, focused intention and mindfulness practices.

Presenter: **Maureen Conroy, RSM**
Upper Room Co-director, spiritual director and educator of spiritual directors, international speaker and author of five books, including *Experiencing God’s Tremendous Love* and *A Discerning Heart: Discovering a Personal God*

Date/Time: Wednesday, January 18, 2012 (7:00 pm – 9:30 pm)

Place: Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2
Neptune, NJ 07753
(behind Holy Innocents Church)

Fee: \$25 ~ \$35 (sliding scale fee)

Registration with a \$10 deposit by Jan. 11th

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Name: _____ Amt.Encl: _____
Address: _____ Phone: _____
City/State/Zip _____
Email _____

**Please mail to the:
Upper Room Spiritual Center
3455 W. Bangs Ave, Bldg.2, Neptune, NJ 07753
732-922-0550 or e-mail: office@theupper-room.org**