

***During each Playshop Event you will,  
at your own pace:***

- use the energy of your Attention to further reinforce the skills you dip-toed during your 90 minute event.
- receive your new tools on durable, portable cards.
- practice 6 new tools that amplify and accelerate the effectiveness of your newly-acquired Keys and skills.
- select the Top Priority you feel most ready to improve, by using your Wellness Wheel.
- learn how to use all your tools in combinations that enable you to move yourself up one notch on the Wheel.
- further improve your thoughts (waves of light) and intonation of your voice (waves of sound).
- feel that your vocal cords are your seat of power.
- accelerate the removal of all 3 components of your top-priority obstacles or pains.
- have gained more energy for your daily life.
- alternate between being the coach and the student with other participants.
- experience the lighter energy of fun & laughter of everybody practising their new-learned skills, which will help you expedite the removal of any unwanted obstacles, beliefs, feelings, and pains you tried to remove before on your own.
- remember that your "DNA is listening 24/7".

***WEEKEND #1:***

***Get a grasp of your DNA via the c2C***

All the c2C Ingredients are distilled from the ancient metaphysical traditions + current scientific research.

After using this Key, the result can be:

1. Another sensation: repeat the same exhortation until no more sensations or impressions arise.
2. New insights, more experiential clarity, or answers to earlier stated questions.
3. A disappearance of the obstacle or pain.
4. Quietness of mind and a sense of oneness with all.

***Get a grasp of your Attention***

Appreciation is an act of proactively valuing someone. It transforms Gratitude from an after-the-fact way of feeling, to a before-the-fact deliberate engagement of energy. This is the energy of Appreciative Attention, a force heavily under-utilized!

Appreciative Attention is a non-judgmental awareness of whatever arises, and keeps you better balanced.

The use of the Appreciative Attention Key is a lightness of humor that enables you to defuse uncomfortable situations, without disrespecting those involved.

***WEEKEND #2:***

***Get a grasp of what surrounds you***

This tool allows you to observe things and people without comparing or compartmentalizing them.

***Get a grasp of your urge to opínionate***

This tool allows you to view others without the inner need to judge or form an opinion right away.

As a bonus: a special treat for your body.

***WEEKEND #3:***

***Get a grasp of your center***

Usually before beginning a skill or task, your left brain activity speeds up, your thinking becomes scattered and possibly more negative.

This leads to tighter muscles and a much reduced focus of your attention. The centering tool will allow you to shift most of your brain activity to the right hemisphere and feel more balanced.

***Get a grasp of your feelings: The Story of Stress***

Practise how to feel the opposing feeling rather than avoid or push against it, in order to make it get away permanently. This tool helps to release the energy, trapped in your tissues.

Conflicting feelings are often the residue of attachments to past experiences and outcomes. They are often symptoms of an inner knowing that strategies which were successful in the past are no longer useful in the present.

As a bonus: some treats for your mind & eyes.

***WEEKEND #4:***

***Get to cure yourself and others?***

Use your conscious breathing and the energy flowing through your hands to accelerate the curing of discomforts in yourself and others.

This tool can be combined seamlessly with techniques already used by other practitioners.

***Get to 'know' the inside of your heart***

Move your 'attention spotlight' from *head* to *heart*. The left brain manifests its intentions within a win/lose polarity that results in feelings like fear of losing.

The heart creates through dreams and images, and manifests them through feelings + emotions, so therefore it is not subject to polarization.

***DAILY MOMENTUM***

At the end of each Weekend Event, we add an audio summary of your newly acquired Practices to the USB wristband you will have received at your 1st weekend event.

***APPLY IT "ON-THE-FLY"***

No time to listen to the short and inspiring MP3 audio briefs on your wristband?

Simply listen and practise while you are exercising, cleaning, commuting, or doing other jobs. The Practices are short and simple, and designed to be applied wherever you are, right in the moment.

By taking small and simple baby-steps each time you encounter an obstacle or sense a resistance to what is happening right now you can quickly achieve lasting results!



***HABITS COACHING***

After having experienced the energizing environment of our 4 weekend life events, do you want to keep your momentum going, despite the daily demands distracting your attention?

If so, you may need to anchor new habits even deeper to ensure your continued progress. If you find this challenging, you may join us at any of our energizing weekends at a steeply reduced rate.

***WE ARE ON STANDBY WHILE YOU APPLY'***

There we give you the individualized attention you need in order to stay focused on your intentions. Then practice any of the tools together with others.

Besides that, you can select and download from our website any of Peter's interactive and revelatory audio programs to assure a continuation of your Quantum Conditioning (QC) progress.

In each audio segment, Peter passionately entertains and empowers you as you take actions "on-the-fly" to experience the results you deserve in your surfing through life.

