



## SCHOOL OF REASON

# Changing our minds

**Self-sabotage is behavior that you know is not in your best interest, yet you do it anyway.**

Do you:

- Eat foods that hurt you
- Procrastinate in doing things that would relieve your anxiety
- Do things you don't respect
- Drive people away with behavior that causes difficulty for them
- Resist exercising when you know you would feel better
- Overeat, gamble, drink, smoke, and don't want to?

**Self sabotaging behavior is an excellent opportunity for changing and training your mind. Once you have the tools you can**

- Can accelerate your progress toward inner peace
- Enjoy a liberating view of unwanted behavior
- Recover the power to choose
- Open to love instead of judgment

**Learn the unasked question that will immediately change your relationship to the unwanted behavior.**

Since 1986 Lyn has been sharing her conviction in the benefits of applying the teachings of A Course in Miracles in our lives. She invites and inspires others to do the same. *"We are all learners here. I want to share how, as well as what we learn, so we can become better learners together."*  
([www.becominglearnerstogether.com](http://www.becominglearnerstogether.com))

Lyn is a founder and the Director of the School of Reason ([www.schoolofreason.org](http://www.schoolofreason.org))  
The school offers programs for advanced study and application of the Course as well as a twelve month teacher training.



### Mind Changers

offered by **The School of Reason,**

[www.schoolofreason.org](http://www.schoolofreason.org)

Topic: Self Sabotaging Behavior

Saturday, October 22  
10 a.m. to noon  
Rocky Mountain Miracle Center  
Denver, CO 80210  
For information 303.880.7713

Cost of admission \$35

**"An untrained mind can accomplish nothing."**