



# Teen Insight I

## The Awakening Heart Seminar

**In a few short days, the teens will have an opportunity to explore:**

- How to be a more confident and happy person
- Communicating responsibly with friends, family, and adults
- Learning personal accountability and playing with the concept of creating, promoting, and allowing our reality
- Effectively dealing with peer pressure and making good choices
- Recognizing judgements and learning forgiveness
- Trusting the wise and loving part of them that knows what is for their highest good



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