

To: Theresa O'Connor
Subject: RE: February Newsletter from Theresa O'Connor

O'Connor & Associates

Theresa O'Connor, Enlightenment Coach
February 2010 Newsletter

Leading Bright Leaders & Organizations to Ever Greater Brilliance.

Upcoming Events:

Tuesday, March 2nd 2010
Enlightenment Teleclass #2
What is Enlightenment?

Tuesday, April 6th 2010
Enlightenment Teleclass #3
What is Spiritual Intelligence (SQ)?

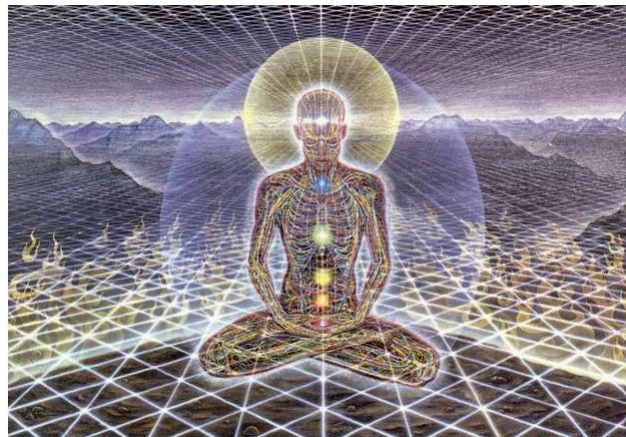
Tuesday, May 4th 2010
Enlightenment Teleclass #4
What is a Mystic?

Tuesday, June 1st 2010
Enlightenment Teleclass #5
What is a Corporate Mystic?

July 4-10, 2010
Your Light, Your Life
Enlightenment Retreat
Prairie Woods Spirituality Center
Hiawatha, Iowa

August 22-28, 2010
Your Light, Your Life
Enlightenment Retreat
The Christine Center
Willard, Wisconsin

[Click Here For More Info](#)



"Theologue," by Alex Grey
www.alexgrey.com

Dear Friends,

Would you like to learn tools for more energy and enlightenment? The Enlightenment Teleclass Series began this month, and here's some of what participants have shared:

"The class was amazing Theresa, and I am continuing to use the visualization to help clear and calm myself." - Laurie

"Thank you, Theresa. I've found the vibration exercise to be absolutely amazing!!! Your first Teleclass turned this skeptic into a believer." - Carol

"You did a fantastic job with the Teleclass and I truly enjoyed listening in. I really did learn quite a bit." - Charlene

"It's important for me to participate in these Teleclasses, and



Theresa O'Connor
Enlightenment Coach



Throughout a career spanning three decades, Theresa has been and continues to be a forerunner in the fields of transpersonal and energy psychology as well as mind-body and vibrational medicine.

Through her work as an enlightenment coach, retreat facilitator, holistic psychotherapist, and healer, the paths of many have been brightened, expanded, and enriched.

With a graduate degree from Yale University in the area of psychosomatic research and mind-body interventions, Theresa uses and teaches well-researched and leading edge modalities.

As a pioneer in her field, Theresa is a member of the Association of Comprehensive Energy Psychology, the International Society for the Study of Subtle Energy and Energy Medicine, and the American Holistic Nurses Association.

NOW AVAILABLE FOR PURCHASE

Teleclass #1 of the
2010 Enlightenment
Teleclass Series

**"What is the Mind-Body
Connection?"**

In this recording, you will

to be a part of a collective undertaking of this kind; it's a healing of intellectual and spiritual isolation." - Eric

"I was so wowed by last night's Teleclass. I got off the phone and shared what I learned with my husband and son. I'm jazzed today from the class." - Michele

"Theresa, thank you for an amazing Teleclass. I could hardly sleep last night. Some of the material has come in other ways, but your particular work has some wonderful new insights as well as research behind it. I am also interested in the retreat in July." - Bev

"Wonderful presence you have, Theresa! People seem to be drawn into tonight's Teleclass and it feels they are eager for the future sessions. Way to go! Exciting, engaging, energy building. Thank you for hosting the sacred space for and with people." - Anne

"Just finished the class and I realized the basis for all vibrational things lies within each of us, as a responsibility and ownership of our being. As always Theresa, you are a breath of fresh air!" - Glen

You can see from what folks are saying here that incorporating energy and enlightenment tools into your personal and professional life can be renewing and exciting.

I'd love for you to join the journey!

With Gratitude,



Theresa O'Connor
RN, MSN
Enlightenment Coach

Teleclass #2, March 2nd
What is Enlightenment?

Learn three ways to deepen your connection with your own inner Light.



We see ourselves as flesh and blood, but in fact, human beings are the energy of pure Light and consciousness expressing ourselves in material forms. There are actual ways to maintain a mindful connection with our inner Essence and Light, even as we are busy in our

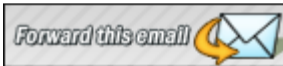
learn three ways to increase well being, with conscious mind and body communication.

This informative Teleclass reviews the evolving field of mind-body teamwork, and includes learning methods for dialoguing with one's body, regulating, and reducing the experience of pain, and sending loving, healing energies to yourself and to others.

After your payment of \$20.00 is received through Paypal, a confirmation email from O'Connor & Associates with directions on how to download your recording will be emailed to you.



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outer lives. Simultaneous inner and outer connection, inward and outward mindfulness is the basis of lived Enlightenment and states of higher consciousness.

This teleclass will make available to you pictures and photographs of the light emitted from our physical bodies, as a result of our core life energy Light within. You will learn methods to quiet yourself, focus your mind, breathe with awareness, experience your core Light and expand it out into your work and world.

Having created the term "Enlightenment Coaching" for her unique work, Theresa facilitates the experience of inward and outward connectedness with individuals, groups, business leaders and their organizations.

"What is Enlightenment?"

Teleclass #2 in the 2010 Enlightenment Teleclass Series will be approximately an hour and a quarter in length.

The class will start at

7:30 PM EST, 6:30 PM CST, 4:30 PM PST

Cost: \$20

For your convenience the teleclasses will be recorded so that those who may not be available to be on the live call may listen to the call for up to two weeks after the teleclass. The information will be provided as to how to listen to the recording.

To Register: please visit www.oconnor-associates.net

Click on "Enlightenment Teleclasses" at the top of the webpage.

Add your Teleclass selection to your cart. You will then be directed to check out using your paypal account.

A reminder email containing the Teleclass date, start time, bridge line number and access code will be emailed to you the day before the Teleclass start date. You will then have all you need to dial into the call.

To register for Enlightenment Retreats, please contact the [Christine Center](#) or [Prairiewoods Franciscan Spirituality Center](#).

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