

The Colourful Living Workshops

milestone
trainings
presents





How rich and fulfilling do you want your life to be?

Do you dare to want more for yourself?

Or do you feel that you should be content with what you already have, and not tempt fate by wanting more?

How do you see yourself having more money? more time? more open and closer relationships? more luck? more happiness?

How about more colour in your life...

Why the Colourful Living Workshops?

Do you sometimes feel that there are important parts of your life that you would like to have become more, better and different? Richer and more fulfilling? Less “stuck” or less frustrating?

What areas of your life would be important to you? Inner peace, a sense of equanimity in the face of uncertain futures, a more harmonious relationship with your life partner and family?

What is it?

The Colourful Living Workshops include:

The Power of Intimacy, which offers tools and learning in relating to your self, other people and with everything in this world which are inextricably and unavoidably a part of your life.

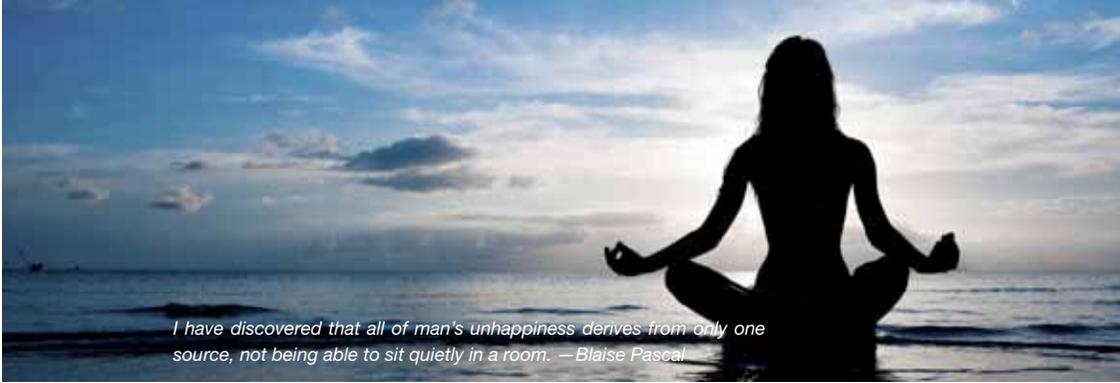
Living Every day in Abundance and Prosperity, to support you in reconciling the life of abundance you want with the world of fear and insecurity and scarcity that we are surrounded with.

Relationships, to support you in deepening your capacity to know and to love the important people in your life.

The Colourful Living Workshops are designed to add new dimensions of richness and fulfillment to all these aspects of your life.



Nothing is softer or more flexible than water, yet nothing can resist it.
- Lao Tzu -



I have discovered that all of man's unhappiness derives from only one source, not being able to sit quietly in a room. —Blaise Pascal

The Power of Intimacy

Why are we so self-destructive?

As human beings, we are wired for survival in a very powerful way, and this instinct colours every thought we think and every act we do.

As a result, we live in varying degrees from a need to control and to anticipate every possible circumstance in life in order to keep our own self safe, physically and emotionally.

If you really think about it, this survival instinct can keep us from the closeness, the intimacy and the happiness that we truly wish for ourselves and in our relationships.

Serenity

How is it that some people seem able to maintain a serenity through life - despite difficulties obvious to the rest of us - with such enviable ease?

If you often feel the jagged edges of everyday existence, you may sometimes wonder how they could live with such calm - seemingly passive - in the face of everything the world throws at them.



Learn to be real - to yourself and with others

The exercises encountered in *The Power of Intimacy* are designed to have you practise relating authentically and intimately with your self and everything in your world, including people and things and the way you feel and think about them.

Here are some of the results you may expect from participating in The Power of Intimacy:

- You learn to use some tools which help you to engage in your relationships in life with authenticity, intimacy and freedom.
- You learn the practice of communicating in order to relate rather than control.
- You learn ways to experience and express appreciation of your self, other people and everything in your life.
- You practice how to have an authentic connection with your self and with others.

The Power of Intimacy Training Schedule

Friday 6.00pm - 7.00pm (registration) / 7.00pm - 12 midnight (approx)
Saturday 8.00am - 12 midnight (approx)
Sunday 10.00am - 8.00pm

Completion of the Discovery Training (or equivalent acceptable to Milestone Trainings) is a pre-requisite for enrolment.

All training dates and times are subject to change at any time without prior notice.

Subject to the Milestone Trainings Standard Terms & Conditions (available on request).



LIVING EVERYDAY IN ABUNDANCE & PROSPERITY!



He is rich or poor according to what he is, not according to what he has.

- Henry Ward Beecher -

Prosperity depends more on wanting what you have than having what you want

- Abert F Geoffrey -

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for

- Joseph Addison -

LEAP *Living Everyday in Abundance & Prosperity!*

Never enough?

Life can seem like an endless pursuit for ease and security. We want enough money to ward off our worry about the future. We look for love that will stay with us forever. We desire things that promise to make us feel complete.

But the money never seems to be enough and love is so fraught with difficulty that some of us give up trying. And the things we have drive us to want even more.

And we keep on doing the same thing, hoping for a different result, which does not happen, and there seems to be no way out of this quandary...

The Scary City of Scarcity

The reality is that, as biological creatures, we are wired for survival, so hard-wired that it is difficult for us to see any other way to live or behave. Survival operates from the context of scarcity, a conversation of "if other people have more, then I must be having less".

Thus we live, endlessly never having enough.

Yet, the answer is not to be found in that elusive "balance" of time, money and relationships that many pursue, because intrinsic to the concept of balance is scarcity!

What if true abundance and prosperity did not lie in the money, things and people outside ourselves? What if our lack of it had to do with our attitudes and perspectives on life?

Discover an alternative context for living.

Experience 4 days, full of energy and fun, peppered with the occasional moment of puzzlement when you struggle with seemingly contradictory propositions, only to be followed by some liberating insight.

Here are some of the results you may expect from participating in LEAP:

- Take home from LEAP some new ways of being with yourself, your money, your possessions, your family, your circumstances and your future.
- Open up new possibilities that may have seemed difficult or that may not have occurred to you before.
- Discover how 24 hours can be enough, ample even, for an unhurried and rich experience of life.
- Learn to surrender to living without a guarantee for the future.

And do all that with laughter and a lightness that will actually be your ticket to a brighter and happier life!

LEAP Training Schedule

Thursday 6.00pm - 7.00pm (registration) / 7.00pm - 12 midnight (approx)

Friday 7.00pm - 12.00pm (approx)

Saturday 10.00am - 12 midnight (approx)

Sunday 10.00am - 8.00pm

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Relationships

Why is it so complicated?

There are so many dynamics at play in every relationship and it is when we lose sight of them that relationships seem overwhelmingly complicated.

Relationships is a weekend workshop which enables you to explore the most important factors that affect the outcome and your experience of your relationship with your significant other.

Perhaps the first key to lasting love is to fall first for yourself. The injunction to “love others as ourselves” requires that we learn to love ourselves first.

Some skills, such as the ability to listen with empathy are also called for which if we practise well will enhance the depth and richness of our relationships.

There are also the dynamics of masculine and feminine energies in intimate relationships which can often confuse when we are not mindful of them.

Learn to be real with another

Whether you are looking for a relationship, longing to rekindle the passion you once had, or wanting to be close to someone important to you, Relationships is designed to set you on your way to creating and nurturing a meaningful and lasting relationship with an intimate partner.

Here are some of the results you may expect from participating in Relationships:

- You learn to connect with yourself and with others with authenticity, intimacy and freedom.
- You explore the dynamics of masculine and feminine energies in all of us.
- You learn to relate to your partner with empathy and attention.
- You begin to experience courage in risking yourself in relationship with people important to you

Relationships

Relationships is the creation and property of Sylvia Badasci, a master trainer and training designer with 30 years in the field of experiential education.

Milestone Trainings Sdn Bhd is the exclusive provider of the Relationships programme in Malaysia.

Relationships Training Schedule

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Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing.

- **Helen Keller** -

People observe the colors of a day only at its beginnings and its ends, but to me it's quite clear that a day merges through a multitude of shades and intonations, with each passing moment. A single hour can consist of thousands of different colors.

- **Markus Zusak** -

Love was a feeling completely bound up with color, like thousands of rainbows superimposed one on top of the other.

- **Paulo Coelho** -

Mere color, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways.

- **Oscar Wilde** -



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