

“We can shift our
perspective and
change our world”



THE ART OF ACCEPTANCE

With Author, Speaker and Life Coach

Mary S. Corning

THIS TALK IS FREE AND OPEN TO THE PUBLIC

November 4th at 3:00pm in The Friendsview Auditorium
1301 Fulton St, Newberg, OR

Come and enjoy an informative discussion about how to accept the unacceptable.

~ Find the buried treasure, the gift of internal acceptance ~

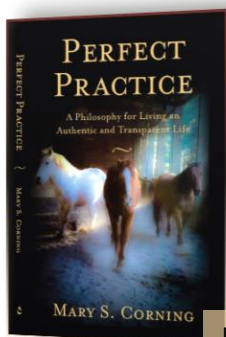
This talk will also include how to shift:

- ❖ Fear into curiosity
- ❖ Conflict into confidence
- ❖ Obligation into dedication

“When we have acceptance, our minds are not only free but also open to gain the perfect insight that our world is offering us.”

Acceptance is the key to freedom. To feel pain, fear, suffering or frustration is a natural part of the survival response when we experience conflict. These feelings are meant to be temporary indicators for change, yet we can often acquire a lot of resistance to them. Resisting an indicator for change can lead to resisting life's greatest transitions. Learning acceptance while in transition offers us the benefit of wisdom combined with willingness. This is a gift for effective living that is both timeless and invaluable.

In her book *Perfect Practice ~ A Philosophy for Living an Authentic and Transparent Life*, Mary Corning shows how to improve our life conditions by shifting our own personal perspective.



Mary Corning changes lives by defining the transformative power of pain. As a mentor, speaker, life consultant and writer, she clearly and compassionately models this process through her messages and stories. Mary extends her philosophy into her world of horses, where both people and horses benefit from realizing a different way to interpret challenge.

Find your Practice at MaryCorning.com