



Hi Friends,

It's true —I predict that **2020 is going to be the best year of your life**, *because of the choices you make today!* Now is the time to choose only the best for yourself from this moment forward because **life is too short** and **there is nothing that is stopping you from making this choice**. The Universe will set everything up to support you to meet your intention.

Let's talk about money.

Is 2020 your \$100,000 Year?!?

What will you do with **\$8,333.00 per month?**

We are talking about it **RIGHT HERE**.

Join us on Friday at Twelve noon PST.



My friend Hummingbird Jewel says.

Spend some ~Save some ~Give some

What will you do with \$8333.00

Go to Costa Rica with me!

Can you believe we are four months away from the 1st year of the **2020 decade? Are you ready to live life in your highest human potential?**

I'm designing my life to be simple, fun, and full of amazing adventures.

How about you?

I have the perfect upcoming retreat to support you to begin living your new masterpiece now.

Check out the details below!

*Love always,
Kornelia*

It's time to get HAPPY and chooseahappy life!



Happiness Retreat Highlights:

Consider what your life would be like if you felt more positive, creative, centered and engaged with life? During the retreat week, I will guide you through exercises, techniques, and thought activities designed to bring you into the present moment of emotional freedom and spiritual connection so you can maximize happiness on a daily basis.

Here is a sneak peak of the inner work just for you:

- Soul Gardening - Who Am I, Why Am I here, What's Missing in my Life?
- Group and Partner exercises – Happiness Laughter Circles
- Healing through forgiveness. Returning to your innocence
- Become an agent of personal alchemy and transformation
- Gain spiritual self-confidence to follow your heart and manifest your dreams
- Overcome stress, anger, fear, and frustration so you can live Happy everyday



The fun and lifestyle that is Pura Vida is extremely addictive.
Falling in love with Costa Rica is a severe side effect!

**Yes I want to go with Kornelia to Costa Rica and begin 2020
doing everything that serves my ideal life now!**

RETREAT COST: \$2,487.00 PP Minimum Group of 10 guests
Single supplement Private Room: \$670.00

Eight more reasons to book your reservation now!

It's time for you!

#1 Increase your Happiness!

Research shows that the simple act of planning a vacation causes a significant increase in overall happiness. Hey...I've got it all planned for you...no mental stress...just pack your bag and meet me.

#2 Make your environment brighter

When your body is craving more daylight, sitting next to a light box—for 30 minutes per day can be as effective as antidepressant medication. Opening curtains and sitting closer to windows can also help provide an extra dose of sunshine. Or...skip all that and just walk outside in Costa Rica to another beautiful sunshine filled day.

#3 Eat smarter.

Chocolate can help enhance your mood and relieve anxiety. But candy and carb's provide temporary feelings of euphoria, but could ultimately increase feelings of anxiety and depression. How about a daily buffet of fresh fruits, locally grown vegetables, fresh eggs from happy hen's, lots of green salads and a variety of healthy Costa Rican dishes!

#4 Simulate dawn.

People with Seasonal Affective Disorder (SAD), a form of depression that usually begins in late fall or early winter may feel depressed, irritable, lethargic, and have trouble waking up in the morning—especially when it's still dark out. Cross this one off your list in Costa Rica with a beautiful sunrise every morning and a sunshine filled day of awesome adventures and wildlife encounters.

#5 Get outside and Exercise.

2005 study from Harvard University suggests walking fast for about 35 minutes a day improved symptoms of depression. They also found that exercise under bright light

improved general mental health, social functioning, depressive symptoms, and vitality. OK this is a no-brainer....easy nature hikes in beautiful rain forests with a bright sun overhead, a few laps in a warm outdoor pool with a volcano in the background underneath a bright-blue sunlit sky....yep that's my kind of exercise.

#6 Turn on the tunes.

Researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term. The local Ticos LOVE their happy music...I guess this is why Costa Rica is called "one of the happiest countries in the world"!

#7 Connect with others.

Making new friends and sharing fun social activities can improve mental health and life satisfaction. In Costa Rica every day is filled with new connections with the locals and getting to know and share a range of diverse activities with your trip mates. You will come home with a wonderful group of new and interesting friends to stay in touch with and travel with again.

#8 Get back to nature.

Spending time in nature can improve focus, reduce symptoms of SAD, and lower stress levels. If you are in a cold weather climate you have months with no green vibrant Mother Nature outside your door. You become like the bear and hibernate in your den until Mother Nature wakes up. But every day in Costa Rica is full of Mother Nature's miraculous bounty of tropical flowers, ancient old growth trees stretching toward the heavens, nature paths to walk surrounded by quiet tranquility, butterfly's flitting around you, multi-colored hummingbirds and all kinds of monkeys frolicking and sleepy sloths hanging out in the branches above you.

Hold your space Today!

A \$500 deposit holds your space.

**Send a check payable to:
Kornelia Stephanie P.O. Box 119
La Conner, Wa 98257**

OR

Pay \$520 with a credit card



On this episode of Living Heaven Earth...

"Honoring Our Inner Family."

With Dennis Gaither

Tune in and Discover:

- A deepening awareness of an abiding Presence of love within them.

relationship with all of our parts by turning toward what seems dark and rejected in ourselves rather than away.

- We can come to know that Presence as who we are, a true gift of peace and joy.



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