



Susan Shaner, M.A., M.S., has worked with thousands of individuals in helping them realize their dreams and achieve their goals. She uses leading-edge and tried and true tools. Her motto: do what works!

Here's what past participants have said:

After 40 days...."I'm still focused on my goals and clear about my intentions personally and in the world. I am spending more quality time with my sons, which has been a piece of my intention as I retire. I have also accomplished several household improvements, which have languished for several years; and which have also been a piece of my intention in terms of devoting some energy there. I am also in the process of finding a day or two of work related to what I was doing before."

"I am finding that I feel more confident in expressing myself (in writing or in person) - less torn between alternatives, less fearful of anticipated (imagined) responses from others."

"So, I am grateful for these new beginnings, for the clarity and energy I feel. These are beginnings and I feel certain that as I grow and change I will face change head-on."

"I have come to realize that manifesting change in life takes love and patience for ones self. I was reminded of that in the workshop."

The mudra for lessening attachment helped me maintain some calm within a rather frenetic atmosphere.