

A course of the author Anna Martynova «Protagonist»

Start of enrollment 01.09.23

Everything in our world consists of energy that surrounds everywhere and always. Realizing that a person is also these energies, these wave structures, and having mastered the tool to manage our attention and concentration, we can create our own reality and be happy, enjoying exactly what brings us pleasure. Understanding that our life is important to us and that our feelings are a reflection in outer space, we begin to act out of love towards ourselves and therefore, express love for others.

The course «Protagonist» will provide complete liberation from old paradigms and obsessive thoughts that prevent you from moving along your path, and start the self-healing mechanism, whereby your physical health will be improved at the cellular level. You will learn to let go of all anxieties, worries, stress, and get rid of all limitations and inner conflicts easily, realize your integrity and values, and heal from diseases.



*Simplicity in the soul
and feelings!*

Beginning 17.09, duration 2 weeks

1st step

The stage involves developing basic techniques, and gentle practices lead to cognitive skills. Each person taking the course will be able to learn how to harmonize their states, react consciously, take actions, manage their energy and attention, find the fine line of inner conflict and balance it. The result of the process will lead you to a calm response to all situations and improve all spheres of life.

Start 01.10, duration 1 week

2nd stage

The step contains additional techniques to concentrate your attention, to immerse yourself in the sensation of your body at the cellular level, and for self-healing with energy on the physical and spiritual plane. Each participant lives with a holistic connection between the physical body and spiritual consciousness in order to create a deeper bond between their soul and the material world.

3rd step

Deep immersion involves clairvoyance and perception of colors, sounds, objects, their formation and density, as well as clairsentience of your entire body, its structure and cells. The main emphasis of the techniques and practices is to have an internal dialogue with oneself, releasing all anxieties, restlessness, stress, illnesses, and liberation from all limitations and inner conflicts.

** Private sessions by appointment*

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