

## **“LION AT HEART”, Author Kai Hayes invites you to her 1<sup>ST</sup> Success Meditation Class**



**WHAT: The Desire to get better at something that truly matters to You!**

**WHEN:** July 25<sup>th</sup> Saturday at 9 am CST  
Join us for “An hour of FUN filled learning how to become the VOICE for the VOICELESS (Discover Courage and Greatness Within).” 😊

**WHERE:** Zoom ID #681 859 5051 (no password)

### **I. What you’ll Learn:**

- ☐ Lion at Heart CHAPTER 1 - Walking Through Darkness

*\*Requirements for this Meditation Class: Pen & paper, positive mind set, full attention (free from outside distractions)*

### **II. Who this class is for:**

- ☐ This meditation class is designed for anyone who is looking to find more meaning in their life and discover courage and greatness within.
- ☐ This meditation class is for individuals struggling and facing life’s adversities and afflictions and learn how to thrive versus survive.

### **III. What is “Success Meditation Class”?**

- ☐ *Let’s work on getting better at something that truly matters in our lives instead of Mastery!*
- ☐ Getting people to “mastery” simply suggest that they have mastered a concept or skill. This definition of mastery does not connect well with me very well, because the truth is many people have studied “Concepts and Skills” for years and never “Mastered” them. Even people who have completed their “Master’s Degree” can never fully claim they have mastered everything. Instead, **they have become a better teacher and educator.** They become better in learning the concept or skill.
- ☐ The term *mastery* creates an illusion to many that we can master a concept or skill—when, in reality, mastery isn't an end point but rather an elusive goal that remains forever out of reach. This may dishearten some, but it is better for me to put it this way, **“There is no dead end in learning.”** And the fact, is our personal life’s journey (experience) along with our struggles is the best teacher. **So, isn’t it better to “desire to get better at something that truly matters.?”**