

# Awareness within,

## LET CHANGE BEGIN

1 We are so busy these days, running from one thing to the next.  
Yet, are we happier?

3 'Why is it always happening to me?'  
We ask ourselves.

2 Sometimes we see negative patterns repeat, time and time again. We feel helpless.



Imagine a life where you are more happy, connected with yourself and those around you.

We naturally become more empowered and free.

When we are more connected to ourselves, we start seeing the world differently.

On the 29th of May, you'll hear amazing leaders in the mind who are bringing positive change to individuals, communities, and organisations.

DATE: Wednesday 29th May

TIME: 6pm

VENUE: Level 1, Bowlers Club,  
95-99 York Street, Sydney

TICKETS: \$45.00

DINNER: You'll have a taste of the orient, with a variety of tantalising veg dishes on the night.

To purchase tickets go to: [www.vstarbliss.com/events](http://www.vstarbliss.com/events)  
or contact: [info@vstarbliss.com](mailto:info@vstarbliss.com)

We will have a Q&A panel discussion with the speakers and Jenny Kirschner from Mindful In May

### SPEAKERS ARE:

Clare Mann  
Author, Psychologist  
Communication expert.

Tom Cronin  
A stillness meditation teacher

Prabhu  
A musical maestro

Wayne Donnelly  
A master of change & hypnosis

& your host  
Bob Ratnarajah  
The founder of VStarbliss.com

vstarbliss.com



# SPEAKERS



**Clare Mann**

Author of numerous books, Psychologist and Communications Expert who will provide us with some tools to make 'Difficult Conversations a Breeze' when we change from the inside as well as improving our skills. She believes that the quality of our communication equals the quality of our results and as a passionate animal advocate works closely with leaders, advocates and animal organisations to end factory farming in Australia.



**Tom Cronin**

A former corporate high flier, who is now a meditation teacher. Married with two children and having spent 25 years in finance as a broker, he successfully merges the world's of family, finance and spirituality. Tom has been practicing Stillness Sessions for 17 years and wants to share this with others. He is the founder of Onegreatfind.com



**Prabhu**

A musical genre nomad, Prabhu OSONIQS' music is a unique fusion of hypnotic rhythms, smooth melodies, overflying overtones and ethereal vibrations. His music takes a journey through the enchanted uncharted landscape of sound and vibration. And surprisingly, Prabhu creates all his music with a UFO-looking 21st century instrument, the HANG, so prepare to be enraptured beyond this world!



**Wayne Donnelly**

Who was once an accountant, went through an experience which changed him forever. Wayne is now professional hypnotist and NLP Master practitioner, working with the power of the mind and in making positive and powerful changes in people's lives. He demonstrates this through fun comedy hypnosis shows.

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**Bob Ratnarajah**  
HOST



V Star Bliss.com is a portal for inspiring news on natural wellness, sustainability and people doing good!

V Stars Sydney has over 800 members who support each other and enterprises that bring about positive change.

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