

THE MANOR HOUSE

INTO THE NEW YEAR
JANUARY 2012



PUTTING THE WISDOM BACK INTO WORKSHOPS

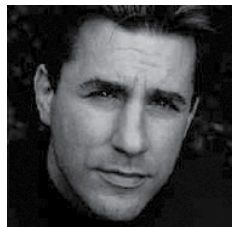
Super Hero Code Workshop

Multiple Emmy, ASCAP, Clio... award-winning composer, producer, performer and world renowned keynote speaker, Gary Malkin and Dr Susie Anthony invite you to the Manor House for the next 'Super Hero Code Workshop' on the weekend of 18-19 February 2012.

"Simply put, The Super Hero Code inspires! Over the years I have become less and less interested in dialogue that increases controversy and separation, which appears to be the path of most mainstream media, and more interested in conversations and experiences which inspire people to soar above the mediocrity and false beliefs, that cause limitations."

"In short, the Super Hero Code shows people what is possible within and around them. It is not so much about the super heroes themselves, but the super hero qualities we can all reconnect to within each of us. I believe that as a Psychologist much of my purpose is to help the world wake up from a slumber that is quite dangerous, so pioneering the field of Inspirational Psychology is essential, and The Super Hero Code based on a synthesis of super hero code teachings created by Susie Anthony joins me on the forefront of this new and important field."

Dr. Lee Jampolsky



'Super Hero Code Workshop' details

Saturday 18th February 2012

10.30 am to 6.30 pm

More secrets to unlock and develop our Super Hero DNA!

Further adventures along the map of The Super Hero Code with world renowned composer & keynote speaker - Gary Malkin. Susie will guide Gary to share his own personal experience of living The Code to embrace true and authentic Success... Love... Wisdom... Power - The Freedom to Thrive!



Sunday 19th February 2012

10.30 am to 6.30 pm

'Music as Medicine to Heal the Heart'

Creating spiritual, mental and emotional coherence to access the state where genius lives within us all! Dynamic practical guidance, inspiration and wisdom to overcoming blocks to finding our bliss to living with passion, surviving setbacks, passing tests and thriving!

Workshop Fees & Accommodation Prices*

£150 per day:

Includes a lovingly home-made lunch, please advise dietary preferences.

***Special Offer to Attendees -**

Susie Anthony's Super Hero Code Template CD
Only £30! Normal RRP £40.

Accommodation

£65 Single Bed and Breakfast
£90 Double Bed and Breakfast
Dinner supplement £20.

To reserve your space: Tel: +44 (0)1934 733177 Email: psalifemastery@aol.com

Super Hero Code How To...

Unlocking and understanding the Super Hero Code... some will take all the necessary risks and make the essential sacrifices to live this and others will deny it, and continue living in a fantasy world as children in adults clothing! Sure there may be those who are fearful of the ancient past and would like these wisdoms to remain dead and forgotten, and by having the courage to figure out – why... you need not be one of them! As we commit to growth, eventually, there will come a day too when we no longer need mentoring, we have become our own mentors and thus can mentor others – it doesn't get better than that.

The Super Hero Code is all about an on-going process of dedication to reality at all costs. The cost referred to here is the cost of the growing pains we must all bear when we give up cherished illusions in favour of what is real.

Working with the Super Hero Code is like entering a time warp containing all kinds of forgotten higher knowledge and lost secret wisdoms. It's about hard facts too, with connections to the most potent super hero figures in all history – fiction and non-fiction! Using this information we are mentored in terms of how we can all consciously invoke our genius and how to use this for the greatest good. It doesn't get better than that.

You see, once upon a time there was an era when a few people truly believed in the concept of heaven on earth... a dream that most religions didn't offer the common people... you and I... a time before churches, before temples, priests and priestesses, before guilt, sin and confession, inquisitions and holy wars. The Super Hero Code is stripping away all that so we can reach the essence of what a super hero called Christ for instance taught and lived – according to the secret gospels. It's the idea that individuals can take charge of their own lives and destiny – seeking, finding and creating pure love, joy and beauty on earth. This is the idea behind the teachings of the Super Hero Code and it really doesn't get better than that!

Look who's working the 12 stages of the SUPER HERO CODE with Susie Anthony and sharing all the wisdoms they are discovering about the art of 'conscious mythical living'

**Todd Allen:**

Actor and Business Partner to Kevin Costner. Starred in over 50 film and TV productions - his most notable three films are Silverado, Grand Canyon and Wyatt Earp.

**Barry Eisler:**

Cornell educated lawyer, former CIA covert operative - now best selling author of all time - Fiction Thrillers.

**Dr Jude Currihan:**

Former Most Senior Businesswoman in the UK. UN Award Winning Inspirational Author, Speaker.

**Dr Miceal Ledwith:**

Professor of Theology for 16 years at Maynooth, Ireland and President of the University for 10 years. For 17 years charged with advising Pope Jean Paul II on theological matters.

**John Perkins:**

NY Times Multiple Bestselling Author 'Confessions of an Economic Hitman'.

**Dr Robert Thurman:**

TIME Magazine voted him one of the 25 most influential people on earth – Co-founded Tibet House with Richard Gere.

**Dr Brian O'Leary:**

Astronaut, Author and US Presidential Campaign Manager.

**Paulo Coehlo:**

Bestselling Spiritual Author. Sold over 100 million books

**Erin Gruwell:**

Whose life story was featured in the movie The Freedom Writers played by Hilary Swank,

**Dr Jeffrey Wigand:**

Big Tobacco Whistle-blowing Scientist – Whose life story was featured in the movie 'The Insider' played by Russell Crowe,

**Erin Brockovich:**

Whose life story was featured in the movie of the same name starring Julia Roberts

**Kevin Sorbo:**

Actor with the world's highest fan base (34m) who played Hercules in the current No 1 TV series The Legend of Hercules

**Dr Irving Dardik:**

Former gold medal award winning vascular surgeon, founder of the USA Olympic Sports Medicine Council, currently being hailed as the new Einstein vis a vis his SuperWave Resonance Theory,

**Dr Bruce Piasecki:**

Former White House adviser to Vice President Al Gore on Energy and Environmental Affairs, who has consulted to over 3000 major Fortune 500 CEO's in the last 20 years including Warren Buffet,

**Dr Klaus Heinemann:**

NASA Physicist, Stanford Research Institute Professor, Author of The Orb Project & Expanding Perceptions.

Listen to their stories at www.theheroseries.com



Unlocking our Super Hero Code DNA... the map of the super hero code

The Belief:

Everyone has super hero DNA and our role is to help you unlock it.

The Dream:

Introducing you to mentors and providing the map and necessary tools to help you on your super hero journey.

The Passion:

Inspiring super hero qualities and super hero code living in all of us. Building authentic super hero community - helping people to understand that one person can change the world.

How is this achieved?

The Gifts

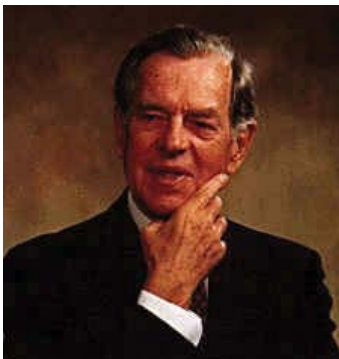
Truth disturbing complacency, Knowledge displacing ignorance, Power overcoming inertia...

The Promise

Waking you up to become your super hero best self, because super heroes always know which bridges to cross and which bridges to burn... and how cool is that?

The Map is the skeleton of the code... the Tools are the flesh and blood of the code.

Being mentored to use the tools to live the map of the code ensures we all go through the personal transformation necessary to free ourselves from the limiting issues of our anti-hero past, which block true super hero genius and greatness... the code contains vital keys to healing the original wound in the collective minds and hearts of rejection, abandonment, betrayal, loss and scarcity.



'Legendary scholar, author and mentor to film-maker George Lucas, Joseph Campbell said,

"The only myth that is going to be worth talking about in the immediate future is one that is talking about the planet, not this city, not these people, but the planet and everybody on it. And what it will have to deal with will be exactly what all myths have dealt with – the maturation of the individual, from dependency through adulthood, through maturity, and then to the exit; and then how to relate this society to the world of nature and the cosmos... And until that gets going, you don't have anything."

What Campbell's work was advocating was that we all study ancient myths and legends in order to learn how to become our best selves – our super hero selves. The Super Hero Code to quote Campbell 'gets us going' in terms of how to bring alive the teachings of 'conscious mythical living'. Myths are stories that are found in every culture. Often they are fleshed out in different ways in different cultures, but nonetheless the reason we find that same myth in culture after culture, age after age, is precisely because it embodies some great truth – virtually always about human nature. Because myths have much to teach us about human nature, they can be extremely useful for understanding ourselves. This is what the Super Hero Code is all about – the Map and the Code combined take 'mentoring' to a whole new holistic level. The resurrection of the teachings within these ancient myths and stories contained within the Code heralds the end of complacency and ignorance, the old broken down way of existence, which hasn't worked.

Learning to understand and apply the teachings of the Super Hero Code heralds the return of another much better way of living accessed through higher self-knowledge, alignment to service, a return to love, the gift of all this being higher purpose and greater meaning in our lives. The Super Hero Code online interviews and workshops are ultimately all about how to make the change from 'me-thinking to we-thinking' as we learn how to transform by understanding and applying the wisdoms of all kinds of myths both ancient and modern. Much of this mythical wisdom is being regurgitated today even and especially in modern day comic book super-heroes – believe it or not. Without exception, we are all of us personally and collectively entering the white water rapids of conscious human evolution. Discover here the Map and the Code... all the keys of how to manage this unprecedented leap in consciousness effectively and efficiently with minimal stress.

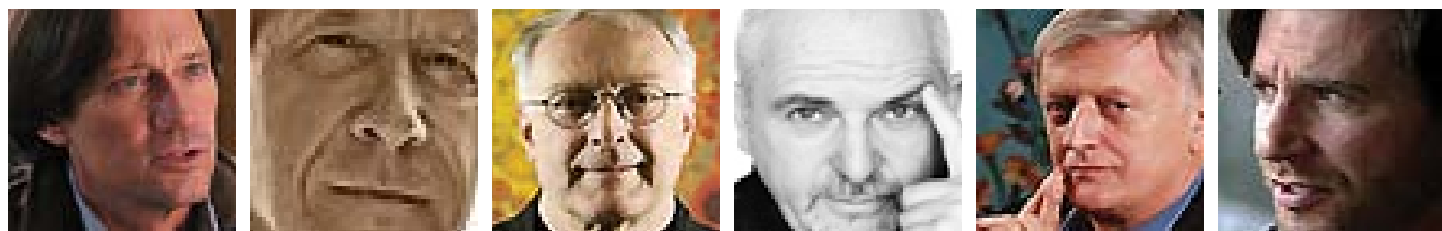
The Super Hero Code Revealed – Past Present Future

Over the years I have gone through many diverse life and death type trials, setbacks and formidable ordeals to fight and tame my dragons, to follow my passion and find my bliss... I could never have survived without applying the wisdoms of the Super Hero Code.

I have written an award winning book about this ('A Map to God') and far from being ignored by the national media, it was featured on ITV This Morning. It's been suggested that this book would make an ideal manual for anyone interested in super-hero living! The book contains an ancient alchemical map of awakening... and the keys to interpret the map... like the Super Hero Code, it's an outstanding synthesis of 'maps to empowerment materials and tools for transformation'.

I began teaching this stuff internationally about 13 years ago... then on line about a year ago at www.theheroseries.com. It works! If you are tired of seeing the world's precious resources depleted, can't run any faster on the treadmill, or realise that more does not equal happier, please come to these presentations with Dr Jampolsky and myself (Susie Anthony). It will open your life to greater understanding and happiness, healing, opportunity and purpose.'

Peace doesn't just happen. It is crafted in the hearts, minds, and actions of ordinary people like you and I. The Super Hero Code is a collection of truly powerful, inspirational and cutting edge teachings, which if lived will lead us down the path of peace, which our world so desperately needs. The Super Hero Code contains a much-needed message of vision and hope... the wisdoms so masterfully shared about the art of conscious mythical living literally penetrate to the heart of how to rise beyond fear and conflict.



The Super Hero Code On Line Interviews...

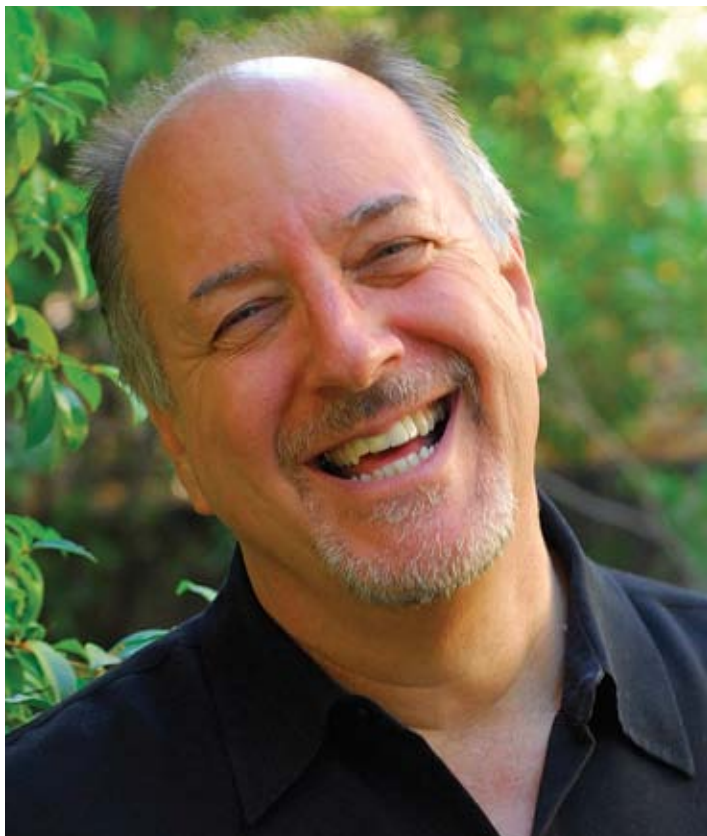
Susie manages to convey and restore in us all... a magical truth, that in all the world, there is nothing more powerful than a single soul who has reconnected to the super hero inside. And whatever this super heroic soul achieves lifetime after lifetime, through listening to his or her intuition, being willing to buck the system, speaking inconvenient truths, making the sacrifices and taking the risks, this truly uplifts the rest of humanity and changes our world.

The Code interviews and Workshops are totally personal and collective solutions focused - so people feel uplifted and inspired and that keeps them coming back for more, even if they don't get the messages at first – they just feel good and keep coming back, and then they get it!

Susie does not restrict the term 'super hero' to warrior or life-saver; she uses it to describe anyone who has had the courage to follow his or her calling, obtained the necessary knowledge and skills, and then used that wisdom and experience for the benefit of his or her people and the planet.

Susie says, 'I have chosen people who have consistently demonstrated a feeling for beauty, the courage to take risks, the discipline to tell the truth, the capacity for sacrifice. Ironically, in some cases these virtues made them vulnerable; they were wounded but like true heroes they never gave up and were never destroyed. This is what The Super Hero Code is all about...'

About Gary Malkin



Gary is a highly acclaimed, world renowned, seven time Emmy award-winning composer, producer, performer, and recording artist, dedicated to creating music and media resources that heal the spirit, inspire the heart and catalyze social change.

He is an electrifying and profoundly articulate speaker who is passionate about the potent role music and the arts can play as an integrative resource for greater humanity and emotional intelligence, especially in health care. Malkin is a strong believer in the power of music as a messenger for a broad spirituality that, if woven into our cultural institutions, could enhance the presence of kindness, compassion and empathy in our daily lives. Gary has served as Artistic Director for the Quest for Global Healing international conferences, (which featured Archbishop Desmond Tutu, among other Nobel Laureates) and performed on the stage of the Great Hall of China during the Beijing Olympics.

Gary will be sharing on world-changing topics such as... Addressing the Distractibility Epidemic of our Digital Age, Creating Media that Inspires Life Enhancing Human Behaviour, exploring New ways to Cultivate a 'Radical Gratitude' for Being Alive and sharing music to help us embrace all kinds of transformation, living, dying, and psychological deaths... so that we can all learn how to thrive, even and in spite of great adversity.

www.wisdomoftheworld.com

Praise for Gary Malkin and his work:

"Gary Malkin provided the musical inspiration at the Quest for Global Healing Conferences in Bali, Indonesia, where I served as the keynote speaker. Gary's creativity is particularly moving, especially when he spontaneously creates music as an accompaniment to ritual and prayer. I highly recommend Gary for the healing balm his music offers."

Archbishop Desmond Tutu

"When I listen to Gary Malkin's music, I'm reminded of the intimacy between the world of nature 'out there' and our own personal realms of imagination. Gary is the musical Hermes, the artist go-between, connecting our deepest selves to the vast world we live in. No service could be more important."

Thomas Moore, Bestselling Author of "Care of the Soul"

"Gary's work will add significantly to any project you're working on that needs to reach people through the heart!"

Bruce Cryer, CEO, HeartMath

"I believe that Gary Malkin's work represents an innovation in the field of accelerated educational tools for social intelligence. Gary's use of music as it dynamically supports the assimilation of cognitive content, expressed by the world's humanitarian visionaries, provides a contemplative listening and viewing experience that hastens the propensity for the "Relaxation Response". I believe his work represents a new benchmark in the use of music for creating emotional and spiritual coherence."

Cheri L. Florance, Ph.D. President, Brain Engineering Laboratories
Brain & Communication Researcher, National Institutes of Health

"Gary Malkin's music is a deep experience of essence, a remembering of our direct connection with all that is."

Joan Borysenko, author of Minding the Body, Mending the Mind

About Dr Susie Anthony



In 2007, Kindred Spirit Magazine identified Susie Anthony as one of the Top 5 Rising Stars of our times... Featuring intense real life experience, extensive studying and based on wisdoms gained through several near death experiences in the early nineties, in 2009 her book *A Map to God* was voted 'One of the Top 3 Best Personal Development' books in 21 years of Kindred Spirit Magazine... it was also featured on ITV 'This Morning'.

Susie's work has received high praise from people from all walks of life, the destitute, and also many cutting edge powerful leaders, genius thinkers, futurists, movers and shakers... even Monarchs.

www.psalifemastery.com

www.theheroseries.com

Praise for Dr. Susie Anthony and her work:

"You are a brave lady, a guiding light and a huge inspiration to us all, Susie. Congratulations on your amazing achievements love Marina."

Viscountess Marina Cowdray -
Owner Financial Times & The Economist

"The fact that Susie is able to attract huge audiences to her conferences in the depths of the British countryside, reflects the level of respect people have for her profound wisdom. All the very best Susie!"

Lady Tracy Worcester.
Ecologist, Filmmaker & Champion of Human and Animal Rights.

"Susie is dedicated to assisting others in leading true, authentic lives. She is dedicated to seeing others succeed. I now approach every day knowing that I have the tools and the power within me to create and live my dreams."

Dr Lana Israel
A Rhodes Scholar, was joint recipient of the Brain of the Year award, also won the Glenn T. Seaborg Nobel Prize Visit Grand Award, graduated Harvard with a bachelor's degree in Psychology, and obtained a doctorate in Experimental Psychology from the University of Oxford.

"You really are a gift, Susie, a blessing and an extremely important player as we seek to transform the world. The further I get from my visit, the more clearly I understand the importance of what you bring to the world. Oh, and I truly enjoyed your book - brilliantly done, utterly stimulating and inspiring; accessible, yet demanding in the best possible way. Goodness"

Dr Cleve Stevens.
CEO Fortune 500 Transformational Leadership Consultant.

"Susan Anthony shares with refreshing integrity her personal story of transformation, which led to amazing meetings with masters from various spiritual backgrounds. With her insights from these experiences and meetings, she presents jewels of universal truths from East and West and paints an engaging vision for humankind's journey toward oneness!"

Klaus Heinemann, Ph.D., Physicist, Former NASA Scientific Consultant, Member of the Stanford Research Institute, Corporate Chairman, author of "Expanding Perception" and co-author of "The Orb Project."

THE MANOR HOUSE

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PUTTING THE WISDOM BACK INTO WORKSHOPS

"The Super Hero Code is a pioneering synthesis of personal development teachings distilled and collected by author/teacher - Susie Anthony. It's a refreshingly pure and simple, yet at the same time, deeply inspiring exploration of the super hero in all of us. Using Susie's map of the Code, now everyone can learn how, when someone - anyone - is willing to answer their highest calling that the Universe has an incredible way of gifting them an amazing outer and inner journey, to reclaim their own super hero power from reconnection to the universal heart. This is an adventure that's unique to everyone, but is the mythic, universal path that is common to all spiritual quests."

Dr Jude Currivan

Award Winning Author - The United Nations honoured Dr Currivan in 2010 for her outstanding contributions to world healing and consciousness.

"Dear Susie, A mutual friend of ours, award winning documentary film-maker, Mark Boiko, had asked that I listen to your Hero Series interviews. I just want to acknowledge you in a huge way for all the work that you've done here and for the beautiful being that you are. I love your realness, courage, your willingness to be vulnerable and to speak truth, which is so important for people to see and hear, especially those embarking on a spiritual journey, as most seekers like to hold the spiritual journey in the light of "it's all bliss" etc and attempt to avoid, resist and judge the real work of self-transformation and the people like yourself who do it. They prefer "fast food spirituality" which doesn't of course work. Direct experience is the only way that a mystic/shaman is born and I thank you, Susie, for offering to share yourself with the world."

Devrah Laval, Shamanic Teacher

The Super Hero Code Unlocking Super Hero DNA Unlocking Creativity, Courage, Fortitude, Persistence, Strength, Discipline, Honesty, Transparency, Patience, Compassion, Love, Forgiveness, Joy, Vulnerability, Humility, Freedom, Wisdom, Endurance, Resilience And Power, The Core Work Of Unlocking Your Super Hero DNA Revolves Around Two Central Themes, Knowing Others Is Intelligence: Yet Knowing Yourself Is True Wisdom... Mastering Others Is Strength Yet Mastering Self Is True Power...