

"Laughter is Good Medicine"

Proverbs 17:23, "A merry heart does good like medicine."

We have accepted the idea that laughter and light-heartedness is just for children, and as a result that does us a great disservice.

You cannot laugh and be depressed at the same time.

Anxiety can't exist concurrent with the physical state of laughter.

In this fun filled workshop, Bev Dowling, shows you how to take the lemons in your life and make lemonade out of them.

"Faith It Till You Make It"

"The practice of our faith decides whether we cower or conquer."

With all the uncertainties in the world that's upside down, just how are we to turn our fears into faith?

In this exciting workshop, Bev Dowling, takes you step by step and teaches you how to take your stumbling blocks and turn them into stepping stones that will change your life forever.

**"For as He Thinks in His Heart
So is He." (Proverbs 23:7)**

It has been said, Your view of God will control your conduct.

Epitetus said, "Men are disturbed, not by things, but by the view they take of them."

You will learn in this workshop, taught by Bev Dowling, what it takes to be transformed through the renewing of your mind.

"Forgive To Live"

Lord Herbert said, "He that cannot forgive others, breaks the bridge over which he himself must pass, for every man needs to be forgiven."

Marcus Aurelius Antoninus said, "It is not death that man should fear, but he should fear never beginning to live."

Bev Dowling has experienced much pain and suffering in her own life and has learned to live through forgiveness and will share the lessons she's learned. Her suffering and sorrow has been turned into grace and glory!

"Two Sides of Love"

It's easy to love those that love us. But what is the right way to love your enemy?

How do you truly love correctly? And why?

This lecture by Bev Dowling shares some timely insights in the Two Sides of God's Love and Blessings of True Love.

1 John 4:11, "Beloved, if God so loved us, we ought also to love one another."

Hebrews 12:6, "For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth."