

# LIFE ESSENTIALS

Human Renaissance® Series

Practical ways  
to use your

*extra-ordinary  
power*

**Topics include:**

**Energy Essentials**

Easy mind/body tools for health,  
focus, presence & productivity

**Advanced Awareness**

Connect! Optimize your mental,  
emotional & intuitive resources

**Inner Systems Renaissance**

Learn to recognize your inner power  
systems & release blocks to success

**Matrix Power**

Upgrade the energy of goals,  
relationships & networks

**Contact Dr. Clare McCord today**

Why not bring  
a Life Essentials event  
to your group or  
organization?

Together we create  
the best package  
for your group.

*Dr. Clare McCord*

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