



*Welcome to Online Courses*  
*with*  
*Safaya Salter*



A TOTALLY UNIQUE *Personal Development* COURSE

THE 'TEN COMMANDMENTS' CAME FROM  
THE TEN PONIES  
TO OUR GROUP OF TEN  
ON THE LAND ABOVE THE  
PEMBROKESHIRE COASTLINE  
DURING A RETREAT  
OCTOBER (2016)

### WHAT IS THIS?

While the story is charming and as to why they have become affectionately called the 'Ten Commandments' the messages themselves are very strong and encouraging. I can nevertheless assure you that they are absolutely non-denominational, non-political and totally universally cultural. They are for you if you need support in expanding your potential and probably the only online course you'll find where the writer responds personally to the written assignments you'll be sending in.

### HOW DID IT COME ABOUT

These messages came to me from a spot in the distance (and actually from the heart of each pony) as if each one was printed on creamy white tape and expanded to reveal the text as they came closer so that I could read the message before passing me and disappearing behind me (as in space movies) and therefore making room for the next one.

### HOW WILL IT WORK FOR YOU?

If you haven't worked with me before then please feel free to send me an email with any questions you may have, regarding this or any other course if your question isn't answered below



*You'll discover the gentle triggers, as they are presented in the assignments you'll be set, that invite you to connect more deeply with your potential as you work your way through this unique course.*



*There will be an introductory group Zoom to get you started and answer questions. If you still have a specific question then please ask via email to [safaya@btinternet.com](mailto:safaya@btinternet.com) and either she or Emma will reply.*



*Over ten weeks you'll be sent TEN assignments, one each week asking you to step up to your greatest potential each in a different way with its own focus. You will send each assignment to Safaya as an attachment via email and she will respond personally to you.*



*How long or short you make your assignments is up to you. They are designed to bring awareness to your own unique potential.*



*If you find there's something specific you need one to one additional help with you can use your code you'll be given to book a personal session with Safaya over Zoom, and with the opportunity to invest in further sessions at a member discount rate.*



*There will be group Zooms at various intervals to answer any questions and exchange views with others in the group online. Some of these people may have taken the course previously and some will be new.*

## FAQS

**Q.** - IS THERE ANOTHER COURSE I NEED TO DO WITH YOU BEFORE APPLYING FOR THIS ONE?

**A.**

While this course has been used as the culmination of the 'OPEN TO THE MAGICAL YOU' courses it may also be used as a standalone course and you can take the other courses before or after this one if you wish.

**Q.** – DOES SAFAYA RESPOND TO THESE ASSIGNMENTS HERSELF IN CONFIDENCE OR DOES ANYONE ELSE SEE MY ASSIGNMENTS?

**A.**

Everything you send to Safaya in the way of assignments is confidential. However you are invited to share your thoughts during any live or recorded Zoom sessions for this period.

**Q.** – IS THIS A RELIGIOUS OR DENOMINATIONAL COURSE?

**A.**

Absolutely not! There are no religious concepts here just an invitation to you to step up to your full potential in whatever way you feel drawn to as the assignments give you guidelines as to what else is possible for you. There are only positive aspects to this and peaceful and creative solutions to consider. See below for further information.

UNLIKE THE BIBLICAL COMMANDMENTS OF THE SAME NAME these directives are all *positive and uplifting*. So if you're looking for a great way forward on your personal journey then take heart and follow this trail as the questions linked to each 'commandment' invite you to broaden your horizons and grasp endless possibilities with new courage and intent.

The story of how they came to be called the TEN COMMANDMENTS is at the same time funny and yet deeply profound showing the delightful way our paths lead us to unexpected and magnificent surprises when we're least expecting them.

SEE BELOW EXACTLY HOW THEY CAME TO ME AND THE ORDER IN WHICH WE'LL BE WORKING WITH THEM.



THE 'TEN COMMANDMENTS' FROM THE TEN PONIES  
TO OUR GROUP OF TEN  
ON THE LAND ABOVE WHITE SANDS LAST OCTOBER (2016)

This is just as the messages came to me from a spot in the distance as if each one was printed on creamy white tape and expanded to reveal the text as they came closer so that I could read the message before passing me and disappearing behind me (as in space movies) and making room for the next one.

TO 'SHOW A PEACEFUL WAY'

TO 'SPREAD THE LEARNING'

TO 'KEEP YOUR HEARTS OPEN'

TO 'TRUST IN YOURSELVES'

TO 'BE BRAVE AND CALM'

.....

TO 'LEARN TO 'BE'

TO 'RECOGNISE YOUR GRACE'

TO 'RECOGNISE YOUR POWER'

TO 'TREASURE THE MOMENT'

TO 'KEEP REACHING BEYOND ALL THE BEYONDS'

We'll be taking each of these and working individually with how each one shows up in our lives. As we examine what each message means to each of us we'll be looking at our personal triumphs and difficulties connected with each of these topics and to bringing ease, freedom and increased possibility to each situation.

This is, at the same time, a personal and group experience involving clearing unhelpful core beliefs from our emotional landscapes with the tools of energy psychology and the magic of heart intelligence. You are here at this time for a reason and if you feel there is more you could 'step up' to then this is the course for you.

THIS IS UNIQUE IN THAT APART FROM OFFERING  
FRESH QUESTIONS WITH EACH ASSIGNMENT,  
THEY WILL BE RESPONDED TO  
PERSONALLY BY SAFAYA – NOT SOMETHING YOU'D GET  
ELSEWHERE ON AN ONLINE PERSONAL DEVELOPMENT COURSE.



IF THIS IS THE COURSE YOU'VE BEEN WAITING FOR THEN SCROLL DOWN FOR THE BOOKING PAGE. WHERE YOU WILL SEE THE NEXT STEP TO TAKE.

MEANWHILE – IF YOU ARE STILL DECIDING THEN HERE ARE SOME TESTIMONIALS THAT PEOPLE HAVE WRITTEN ABOUT WORKING WITH SAFAYA IN PERSON AND ONLINE, ONE TO ONE AND IN GROUPS.

### 1. Have you enjoyed the course?

Yes! Very much. I found learning new techniques and working in depth with some I had used in the past both interesting and inspiring. All of the exercises have invited me to go deeper into myself, to be honest about what I want (or I don't want) and being able to share our experiences with the group during the Zoom meetings was awesome. **Laura**

Yes very much. I found the other participants to be open and honest and it's helped me realise that I'm not alone as everyone is dealing with issues and it was great to be with people who are also trying to change things in their lives. I love the relationship between Emma and Safaya which is so relaxed and helped me put aside any reservation I may have had of talking with the group. **Ola**

The course has been great, given me time to self-reflect and shown me areas where I would like to pay more attention to. **Sarah-Jane**

### 2. Has it met your expectations?

It has exceeded my expectations. Having the time to really make the various techniques our own was very useful and so was the fact that we were applying them in our daily life. **Laura**

To be honest I don't know that I had any expectations when I started, probably just an interest in new ways of thinking. So, if that was my expectation it has definitely been met. It has opened my mind to new techniques and helped me to remember some that had long been forgotten. **Ola**

I don't really know what I was expecting but it has far exceeded anything I could have imagined. **Steff**

Yes, I didn't have many expectations, simply that it could only help me and it did plus I enjoyed 'having' to take the time for the assignments whereas I've been rushing around as I guess I often do and would not have otherwise taken the time for things like that, that relate to my emotional and mental wellbeing and simply 'being' and appreciating small things in life versus the constant manic 'do do do'. **Auriane**

Yes, hugely. A good mix of challenging, thought provoking, powerful, enlightening and uplifting exercises. **Emma**

### 3. Was the content of the course and assignments helpful to you?

Very much. All the exercises were fun, but they all triggered profound thoughts and changes in me. The course helped me to realize how “interesting” some of the judgments I reserve to myself are and I was able to rediscover a more creative side of me. This is very precious. **Laura**

Very much so, I loved the practical exercises and have re-done the leaf one with a flower, which was interesting. It's really uplifting to look and connect with what's around you without judgement. I've laughed more at/with myself over the past few weeks than I have for years. The poem and commandments will be going into frames on my wall as they are so inspirational. And my notebook will give me some very interesting memories of my thinking going forward. **Ola**

Just a bit! The content and assignments took me to places within myself, in a way that I've never done before. They were worded in ways that were just enough to guide me in the right direction but left me to freely explore and express feelings and behaviours, some of which I had not seen the 'light' of consciousness. You really made me work! **Steff**

Very much so, it was a very welcomed reminder that without being given exercises, even things like IPOV and EFT which I'm aware and have previously used, I don't make the time for it! This course has enabled me to see just how much better I've felt mentally, emotionally and hence will now make a conscious effort to use these techniques! **Auriane**

Very helpful, not only getting calmer or feeling better if something has happened, but also understanding more around the particular situations. Also, the week on boundaries was very “awakening”, it's not something I have been very conscious about. So, more work on boundaries in a course or other at some point would be great. And I still notice gold everywhere. Love that **Øydis**

Some of the assignments really got me to delve deep and were helpful to put into practice. **Sarah-Jane**

### ADDITIONAL COMMENTS

I have achieved more during this course than any other 'self-improvement' course I've ever done (and that's quite a few!). It has obviously been put together with a huge amount of thought and work. I feel this course was very good value for money. **Steff**

I really loved the format of this course, so if anything like this should be organized in the future, with extra techniques or maybe a more in-depth approach for the ones we just studied, I would definitely sign in. **Laura**

If I compare it with things I've done in the past I would say it is very good value. As It includes sharing a wealth of information and knowledge, assignments, feedback, meditations, new concepts, zoom catch ups and the one to one sessions, all presented by someone very confident and 'human' with a sense of humour. I think I also need to add to the list the brilliant admin support from Emma who managed to gently keep us on track. **Ola**

I'm developing a set of practices to use, some daily or often, to support my growth to more positive, confident outlook. **Kathryn**

I love the fact that the assignments and lessons that I found challenging were followed by uplifting and joyful assignments, that was really well planned. As I have said before I LOVED the observation assignments – so simple yet so potent. The whole course has massively increased and expanded my awareness of myself and induced many 'aha' moments. **Emma**

I personally have experienced Safaya's amazing ability to heal and clear through blocks, not to mention her gift of helping people to open their hearts. She has an insight into the workings of people that I have rarely come across and a wisdom to very quickly empower people to step into and fulfil their potential.

**Janine**

Safaya has been an incredible mentor to me. I was privileged to take a workshop with her in Cape Town in 2015. I am a changed woman! lol She is truly inspirational:) Thank you Safaya!

**Lorraine**

I just consulted Safaya twice in the last 2 weeks.

An incredible experience. Also how much is possible via Skype.

I don't know how she does it and how she gets to your "trigger-point" but it is so easy to go through things with her.

Also, it showed me that Animal Communication and especially learning it is not only about the Communication with the animal. It is about the communication within yourself. It again showed me how much it stretches me in all parts of my life. You don't even think that it has something to do with Animal Communication. But with you and with the true you that can listen with love to our hearts again

And Safaya is amazing with getting to this point and work through it with you just like a flow. Thank you Safaya!!

**ATAOA student**

This email is overdue as I have thought of you and our session often.

I just wanted to tell you that I really benefitted from our session and whilst I have not been able to make time and space for my AC, I have had a fundamental shift in perspective and approach towards my house move and getting things done.

I feel substantially more in control and as a result things are moving along smoothly. I have also had a wonderful shift in letting go of the many beautiful things we had in our house and have been cleaning out and selling off all the furniture etc. It is not an attachment to the material side of things but the letting go of the memories attached to each piece and what it represented in our journey together.

Being able to do this has been so beneficial on so many levels and I feel decidedly more "in my own body and space" – which of course in turn will create the space for me to get stuck into that next AC case study to be submitted.

Thanks once again for the session and time  
**ATOA student**

I really would like to thank you that you have time to read all my thoughts, each lesson in ATOA helps me so much and I always have a story towards it. ☺ Also I would like to express my huge gratitude of you, because your yesterdays talk with in 7 Days of Rest was so amazing and the meditation, wow, such a blessing, connection and trust brings unconditional love to everyone, everything and even towards myself. It was the best ending of this week I can imagine!!! Thank you so much that you are so wonderful and inspiring woman.

ATOA student

### **A few from my own recent in person Introduction to Animal Communication in the UK**

Presentation: Again superb – very well explained. Loved listening to your relaxing but engaging voice. Great sense of humour too. Great weekend, great people, loved every minute of it! **Karen**

A life changing course that has formed a strong belief into knowledge and certainly. Your connection with world/universe meditation has enabled me to truly understand what I have long believed. Thank you so much

Perfect presentation, felt like listening to a friend rather than 'being a pupil'. Progressed from one topic to another almost seamlessly.

Practical exercises introduced at a time that I felt endowed with the knowledge and ability to do so. Wonderful exercises in confidence building. I hope to take this further mainly for use with my own dogs as well as domesticated animals of family and friends. **Steff**

READY TO BOOK?

THEN

SCROLL DOWN TO

THE BOOKING PAGE



TO BOOK PLEASE FILL IN THE FORM BELOW  
AND SEND TO

EMMA BARNARD

[emmieb2505@aol.com](mailto:emmieb2505@aol.com)

Admin and Coordinator for

[www.mindbodywisdom.co.uk](http://www.mindbodywisdom.co.uk)

THE TEN COMMANDMENTS FROM THE WELSH PONIES COURSE

(Please write clearly or print and send back via email)

If you can't download this form then please contact us and we'll send one via email

NAME IN FULL

.....

EMAIL ADDRESS.....

HAVE YOU WORKED WITH SAFAYA BEFORE?.....

If YES then please state in which capacity e.g. groups, one to one or other.

THE NEXT COURSE STARTS – JANUARY 28<sup>TH</sup> 2021 FOR TEN WEEKS  
*(A perfect Christmas or New Year gift for your loved one)*

WHAT YOU WILL GET ONCE YOU'VE BOOKED.

A personal welcome email from Safaya and an introductory video or Zoom to get you started.

Safaya suggests that you consign a new notebook and computer file for this period so that you can journal as well as typing out your assignments for sending to Safaya via email.

INVESTMENT TOTAL                      £150 to be paid in full before 18<sup>th</sup> December 2020

Or TWO PAYMENTS OF                      £75 The first one to be paid by 18<sup>th</sup> December  
the second by 14<sup>th</sup> January 2020

**BARCLAYS BANK PLC**

**Sort code 207348**

**Account number 60480169**

**Name Ms S A SALTER**

**PAYMENT REF: TEN COMS 2021**

When you book – you will receive an email  
confirming your booking and details to join the course