

EMBRACING THE SHADOW:

**DISCOVER THE DEEP, HIDDEN UNCONSCIOUS PARTS OF YOU THAT
PROFOUNDLY IMPACTS EVERY ONE OF YOUR RELATIONSHIPS
(EVEN THE ONE WITH YOURSELF)**

This daylong intensive elevates everything you have learned in part 1 (the Intro workshop) to an entirely different, phenomenal level. This is a deeper dive into discovering:

- 1. How your unconscious impacts, controls and influences your life, interfering with your happiness, while keeping you unaware of its power.***
- 2. Why you struggle with relationships and continue to repeat patterns, despite how your best efforts to do better, choose differently, or act consciously.***
- 3. How he many facets of the unconscious impact your life and relationships including:***

***The Shadow Self
The rejected self
The Lost Self
And The Denied Self.***



The above shadow parts of you are hidden, buried deep in the unconscious and manifest as behaviors that are not always in you awareness. Often, you cannot see them in yourself, but others easily do. Your shadows were formed helped you survive challenges you faced as a little ones, but in the present they unconsciously interfere with ALL your relationships, your work, your parenting, your children, and of course, your romantic relationships, stealing your happiness).

Since you cannot change or heal what you don't know is there, we will be bringing them out of the deep unconscious and into the light as we take the next step in our healing process by revealing the secrets these the shadow parts of us are keeping from us.

At the end of the day, you will have so many more answers to why you feel the way you do, why you behave the way you do, why you struggle in relationships and of course, most importantly, the tools, strategies and skills that give you life and relationships you desire.

Fee: Discount for cash or check \$275 per person. Space limited

For more information/to reserve your space call:

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