

Do You Ever Wish You Could Wave A Magic Wand & Mend Broken Relationships, Heal Old Wounds, Forgive or be Forgiven?



Now...Can you imagine doing it without a magic wand?

YOU CAN!

Dr. Sharon Forrest

“HO'OPONOPONO” &

It Works!!

This workshop will: Heal relationships with your significant other, friends, parents, in-laws, children, business partners, bosses, employees... anyone - dead or alive.... **See the change!!** The amazing thing is, **they don't even have to be there!** Even heal the relationship you have with yourself!

Who should attend? Anyone looking to resolve conflict, hurts, anger, misunderstandings and unresolved situations with anyone, in minutes; even without that person present. People who have been mentally, physically or sexually abused. People stuck in the mode of being the victim. People who sabotage themselves, People who see multigenerational patterns being acted out. People who, in spite of vowing they never would, find themselves acting or reacting the way their parents did. And/or Health Care Providers who work in any of these areas.

Ask yourself these questions:

- Is something holding me back from living my life mission or enjoying healthy relationships?
- Do I sabotage myself just when things start to go well?
- Are power struggles an issue in any area of my life?
- I wonder where certain feelings of guilt, fear and low self esteem are coming from?
- Do I attract the same type of people and/or the same type of situations in certain areas of my life?

What you will learn & experience:

- How to break multi-generational patterns at the core.
- How to heal and empower your loved ones **remotely** through your workshop experience.
- Rapid effective and lasting techniques to resolve in a weekend what most therapies take years to accomplish, if ever.
- Forgive and/or be forgiven through a ground-breaking technique that simply cannot be described and **MUST** be experienced.

Coquitlam, B.C. June 15, 16, 17

Fri. 7 – 9:30pm Sat. 9am – 6pm Movie 7-9:30pm Sun. 9am – 5pm

To register please contact 604.239.HEAL (4325)

healnowitstime@gmail.com www.healnow-itstime.com

Don't miss this unique, life transforming experience!

**To forgive is to set a prisoner free
and discover that the prisoner was you.**

~ Lewis B Smedes

Discover why everything you need to learn is reflected in your relationships. Gain a new understanding of the patterns and pathologies that families unconsciously pass down through the generations - that is until the pattern is metamorphosed.



Uncover and clear patterns, some of which you probably don't even know exist, yet they wreck havoc in your life.

Most of us carry around anger, resentment, jealousy, guilt or some other negative emotion directed to others and/or ourselves. Some of these have been around for years, generations and lives; or perhaps directed towards someone who is no longer in your life. All those negative emotions hang around our neck and weight us down in myriad ways. Unless dealt with, these emotions broadly affect the quality of our life as well as the lives of those around us.

Experience **how to put your personal puzzle together, and dare to claim the peace, health, and prosperity that you truly deserve.**



GO FROM ANGER AND HURT

TO LOVE AND COMPASSION



IN MINUTES NO MATTER WHAT HAPPENED



A few amongst the numerous testimonials we have received:

♥ Dear Sharon: Firstly I can't thank you enough for the amazing healing you administered to me. The changes resulting from what turned out to be a multi-generational healing are profound and life altering. I thank you from the bottom of my heart - the relationship issues are ones I've worked on for years with some but little change - your healing has allowed major shifts to occur. I am very, very, very grateful. – Maria 9-09-09

♥ *(Extracted from a lengthy letter.)* Dear People Into Healing, Though my life has been relatively happy and fortunate without any remarkable tragedies or misfortunes, nevertheless life's inevitable vicissitudes have left their sometimes obvious, and in other cases hidden (at least to me) marks on my psyche, which I am dedicated to healing so that I will realize my fullest potential as a human and spiritual being. I gained a huge amount of insight, clarity and empowerment from this weekend, as I healed my relationship with my father, mother, grandfather, and entire extended family, as well as clearing the emotional scars from a relationship and painful breakup with a past partner. Merlin 9-09

♥ I have attended this workshop twice: once November/91 and in June/92. For the first workshop, my goal was to expand my personal skills and explore my own psychological blocks that prevented me from helping a family torn apart by sexual abuse to make progress. The second time I attended with the goal of expanding my technical skills towards integrating Dr. Forrest's methods into my clinical supervision of family therapists.

The workshop has expanded my ability to 'use self' in therapy by expanding both my personal and professional skills. With my private clients, I have found Dr. Forrest's methods enhance the therapeutic process, accelerate healing and significantly decrease the number of sessions required for clients to come to peace with themselves, prepared to take appropriate action. I am now beginning to explore how I can integrate these skills in the clinical supervision I provide for family therapists at my agency.

As a fellow educator, I am very impressed with Dr. Forrest's course material and her methods of teaching. Dr. Forrest does a wonderful job of making learning fun, easy and meaningful. She takes very complex material and conveys it in simple but elegant ways. Exercises, materials and experiential learning are nicely balanced. Personal risk taking is made easy within a safe context of mutual respect and support.

I teach the course "Advanced Supervision in Family Therapy; linking of Theory and Practice", for the Advanced Social Work Practice Certificate Program at the University of Manitoba's Humanities and Professional Studies, Continuing Education Division. I believe that Dr. Forrest's workshop "Healing your Inner Child" would be an excellent required core course for the Advanced Social Work Practice Certificate Program or any other advanced course of studies in the helping professions. Sincerely Len Z. B,A.,R.P.N.,M.S.W.

♥ I found Dr. Forrest's "It Works!" to be transformative. An amazing process! Clarity, profound understanding, compassion and self-forgiveness emerged. As a result, I have my life back. I highly recommend her therapies to individuals and families stuck in painful unresolved issues of blame, grief, anger, depression, trauma, abuse and those interested in understanding and breaking multigenerational patterns. - Debbie R

♥ (extracted from a long testimonial) Sharon, it was the MOST magical weekend I have spent in a VERY VERY long time. The healing that energetically occurred at this dinner was magical beyond words. I have three boys, 25, 15 and 5 and I know that my older two boys were also the recipients of watching a miracle occur right before their very eyes. And 26 people observed without a single word being said, that the LOVE NEVER dies, it just changes form. This was my Thanksgiving weekend 2008. And THANK YOU for being a part of my magic. – Iris

