

7-DAY HEAL NOW! RETREAT

October 23rd – 30th, 2010



The **Heal Now!** Retreat will take place in beautiful Coquitlam, just outside of Vancouver, B.C. The energy of Coquitlam, the lakes, surrounding woods and the Healing Centre itself are very conducive for the enhancement of personal growth and healing. Like the volcanoes and springs gurgling up, deep-seated issues will surface, be felt, and be transformed to create new grounds for you to walk on in your life.

Detailed Description



Welcome! Come Let The Healings Begin

The deepest wounds we all carry are locked in our subconscious (out of our awareness). Deep memories and subtle impressions, from unfinished experience, rooted in the past. The pain from those wounds comes to revisit, to block and paralyze us in the moment called now. We all know it comes without warning.

This Retreat is for **YOU** if you are interested in healing for your self, your loved-ones, and/or if you work with people who have experienced abuse of any kind or have abused someone.



MOVE OUT OF THE DARKNESS..... AND INTO THE LIGHT.

Move out of the darkness.... And into the Light!!

It's time to invest in yourself and take your power back! Go from woe to WOW now!

Learn techniques and resolve in 7days what most therapies take years to accomplish... if ever.

Warm Greetings

We are delighted that you are considering joining us for our **7-day Heal Now! Retreat**. You are giving yourself a gift of a lifetime, one that has the potential to transform your life forever. Held at a lovely Healing Centre this Retreat is one the most powerful healing experiences available anywhere. It will be an eminent seven days for you in so many ways. The effective procedures you will experience are on the cutting edge in Energy Psychology, Epigenetics, and Transformational Psychology. They are equally suitable for personal transformation and healing as well as remarkable tools for assisting family, friends and clients. You will be given myriad opportunities to grow, laugh and to awaken the Healer Within, Experience powerful healing modalities. Work on personal issues, Tap into the past, Break multigenerational patterns. Heal!

Due to Dr. Forrest's unique teaching methods, both the beginner and the professional benefit equally from the hands-on-experiences offered in this accelerated Healing Retreat.



Dr. Sharon Forrest who experienced years of horrendous mental, physical, emotional and sexual abuse plus domestic violence has healed herself and now is empowering and inspiring others to transform. Often called "Mama Sharon" Dr. Sharon is internationally well-known and loved as a Master Healer/Teacher and certified clinical hypnotherapist. She has an extensive background in transpersonal psychology, naturopathic medicine and has specialized in the fields of Inner Child and Abuse Work for over 40 years.

To ensure optimal individual attention and healing the **"Heal Now!"** Retreat **is limited to 6 participants.**

To reserve your place please send in your deposit of \$1,000.00. Once we receive your deposit we will send you information on: how to prepare for the Retreat, what to bring, more details on the special events that we will be blessed with, information on the Retreat Centre. Please make the check payable to **Dr. Sharon Forrest** and send it to **1394 Briarcliffe Dr., Coquitlam, Vancouver B.C. V3E 1Z1 Canada**

Come join us for a life-enhancing journey into the amazing experience and science of true healing.

Emotional Healing:

When we know that the cause of something is in ourselves, and that we (ourselves) are one of the few things in the universe that we have the right and ability to change, we begin to get a sense of the choices we really do have, an inkling of the power we have, a feeling of being in charge of our lives, of our future, of our dreams. - John-Roger and Peter McWilliams

During the **"Inner Child"** section of the Retreat you will experience diverse ways to heal your own Inner Child and be able to empower loved ones and clients to do so as well. You'll be given the opportunity to determine, eliminate and/or reprogram non-beneficial programming from childhood and the womb plus "The Why Is This Happening To Me Again?" Syndrome. The particular Inner Child work offered during this intensive begins where other workshops and therapies usually either end or give up.

The kind of ancestors we have is not as important as the kind of ancestors our descendants have.

You'll also discover a particular therapy that has unique status in the world- **The Multigenerational Emotional Release and Cellular Level Core Clearing**. Go beyond the 'releasing' to clear and heal at the core, the underlying cause, breaking multi-generational patterns of fear of success or failure, low self esteem, self sabotage, abuse and/or addictions, etc., etc.

Whether one generation ago or several, there's a good chance that you continue to carry the karmic wounds of your ancestors in your body and your soul. The DNA that makes up your physical self contains some of the same genetic coding that has been passed down along generational lines. Some of this has collected in such a way as to recreate patterns that cause you to subconsciously reenact the wounds of earlier generations, whether these wounds are physical, emotional, mental, or spiritual.

And just like the coding that determines your genetic makeup your Soul has its own code. Previous generations from whose seed you sprang have influenced that coding as well. Your genetic and soul's coding together are such strong influences that you may find yourself puzzled as to why you continue to repeat the same patterns in spite of your desire not to do so.

The Multigenerational Emotional Release heals and clears ancestral karma. Doing so will not only help you heal these repetitive patterns you find yourself enacting, but will also positively affect subsequent generations so that your children and your children's children will be free of this karma as well. Be prepared for a powerful and enlightening experience by participating in this Retreat.

Abuse Issues such as mental, physical, emotional, verbal, sexual, spiritual, neglect and domestic violence, as well as the signs of abuse and their long-term affects and impingements will be addressed. You will learn powerful techniques for effectively resolving/transforming the affects of the abuse.

It Works! - Ho'oponopono - a remarkably powerful yet simple tool to use in everyday life. Heal relationships and conflicts with mates, friends, parents, children, partners, bosses, employees, anyone in minutes. Amazingly, the person doesn't even have to be there for you to effect change on them!

♥ *"Dr. Sharon Forest's 'It Works' and her 'MGER' technique eliminate 5 to 17 years of therapy in an hour and a half!"* Dr. Lee Chase, past Dean of Psychology in California

♥ *"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

♥ *"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

♥ *“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.*

♥ *“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.” Len Z B.A.,R.P.N.,M.S.W.

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♥ *“I would highly recommend Dr. Sharon to any family considering family therapy. After just two sessions with Dr. Sharon, our family life has been completely transformed. My daughter, who was previously anxious, unconfident, and had regular tantrums, is now a very happy, much more confident, peaceful, outgoing little girl. I am also much calmer in the way that I relate to her. There are no more power struggles! Our mother-daughter relationship is more loving and far stronger than ever before. I know that this bond will last for a lifetime. Thank you, Dr. Sharon! ~ A.P., Vancouver*

♥ *“Dr. Sharon, I woke up this morning feeling I had received, and was blessed with, a powerful healing this past weekend. I will never be the same. Words cannot truly express my gratitude to you. What moves me profoundly is the story of your life, what you have endured, overcome and transformed into healing for thousands. The way that you express your walk along that spiritual path with all the resistance you felt, at times, and all of the 'growth opportunities' presented to you really illustrates that you are walking the talk. Your compassion, humour, intelligence, creativity, love and beauty (PHYSICAL, emotional, mental, spiritual) and tenacity of purpose was alchemical for me. I am not sure how this healing will express itself in my life but I want to live by your example in whatever degree of it that I can. Thank you for believing that SRA exists. Thank you. Thank you.*

♥ *“The difference I have observed with CCMBBA care is that the nervous system actually learns to function at a higher level. CCMBBA has been the key to my own expansion and the answer to my deepest desires to bring wholeness to others.” Dale Sutton*

Commitment: We know that the Coquitlam and surrounding areas will be enticing, however, it is imperative to make a commitment to yourself, your personal healing and to the other participants to **attend ALL of the classes on the main program**. We accept an even number of participants to take part in the Retreat for a reason. Throughout the Training participants pair off to practice the procedures they have just learned. If a person is missing in a class it disrupts the pairing-off plus the special bonding that we have created to facilitate profound healings. It scatters the Group Energy. You will have free time each day to get out in nature, enjoy people and/or be on your own.

Free Time: Yes, you will have some free time to: explore, play, rest, hike, walk, sun bathe, process what you worked on, bond with new friends, journal, meditate, etc. Perhaps, at an additional minimal cost you'd like treat yourself to a delightful massage.

Early Bird Temptations: We offer **Yogacise** sessions a few mornings before breakfast. Yogacise is a combination of Yoga and exercises that Dr. Forrest put together for her hospital in Mexico. It's easy and light, but works on all parts of the body incorporating each muscle, ligament and joint. People love it.

TRAVEL INFORMATION and TIMES:

Please note: The "Heal Now!" Retreat begins officially on **Thursday, October 22nd at 5:30pm** with a Welcoming Dinner. The Retreat terminates with a Closing Ceremony on **Friday, October 29th at 5pm**. Plan to Depart the Retreat Center after 5pm on the 29th or by 9:00 am on Saturday the 30th.

VERY IMPORTANT! ✈ If you are flying in make sure that you will **arrive in Vancouver B.C.'s airport before 3:00 PM on the 22nd of October** and are scheduled to **depart Vancouver B.C.'s airport after 8:00 pm on the 29th or after 6am on the 30th of October**.

Transportation from Airport To the Retreat Centre:

Please note: The Airport to the Retreat is a drive of approx. 1 1/2 hour each way.. A shuttle can be arranged to pick you up at the airport, at 3:00pm. Location of airport pickup will be given at a later date. More information will be given upon registration for the Training

Passports: Canadians and Americans you definitely need to have a current Passport (with at least 6months left before expiration date) when you check in at the airport. **Any other country - check to see if you need a Visa.**

IMPORTANT! ✈ Due to heightened security please make sure that all sharp objects like tweezers nail files, etc. and all liquids, gels and pastes are in your checked in luggage not your purse or carry-on. Please do not pack any aerosol cans in any of your luggage!

Accommodations: Spacious, comfortable Bed & Breakfast style home with three fireplaces.



Meals: Delightful vegetarian dining (with some fish and chicken) is yours here. The Retreat's chefs will create tantalizing, healthy dishes for your pleasure. Breakfasts, lunches and dinners are included in the Retreat Package.

Dress Code: Dress during the Retreat is extremely casual. Most wear jogging/sweat suits, shorts or pants and a top during the day and evening. We will send you a list of suggested things to bring. The main thing is for you to be very comfortable and at ease. **Please no perfumes, hair sprays, after-shave, etc.** many are allergic. Make up?.... Please just be

your wonderful natural self!

Cost and what is included:

Your investment of \$1,000.00 includes: a sizable detailed Manual containing a wide assortment of articles on healing abuse, plus step-by-step detailed protocols and procedures that you can implement immediately into your practice and private life, Certificate upon completion, 30 CEUs for nurses and hypnotherapists, delicious, healthy meals, daily experiential workshops in a safe, nurturing place for personal growth, time in nature, surprises, fun, laughter, growth, and memories that will warm your heart for ever.

Your investment in a new you only \$1,000.00. Deposit of \$500 due now. Balance of \$500.00 due no later than September 30th 2010.

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." Maya Angelou

Imaginal Cells In Human Consciousness Evolution:

Imaginal cells are the cells that transform a caterpillar to a butterfly... **that's us! We are transforming!**



"What a caterpillar sees as the end of the world, the master calls a butterfly."-

Richard Bach



This Retreat promises to bring changes that will affect your life forevermore. We invite you to "hold hands with us". You will be among like-minded people who share your experiences. We will support your personal growth and healing with all our hearts. Each day will bring new discoveries about yourself and this marvelous Universe in which we live. The planet is healing and nations are joining hands. Realize that by coming together we can and are ushering in the New Dawn and contributing to the creation of a healthy world of joy, peace, laughter, prosperity and unconditional love.

If you know any colleagues or family who might be interested in the **"Heal Now!"** Retreat, We'd be grateful if you'd pass the word. There is something so affirming about being in a small gathering of capable people, dedicated to healing themselves. I promise that everyone will take home several tools that they can immediately incorporate into their daily life and/or practice - that's our job and we are committed to it.

I'm really looking forward to the Retreat and spending prime time with people determined to heal and move on. There's a kind of magic that happens when nuances of the healing Energies of this 7-Day Heal Now! Healing Retreat mix with the experience of true and lasting healing. I guess what I'm really saying is, "I'm so glad you're considering to be there with me and my dedicated assistants. It is Retreats like these and people like you, working on them selves and assisting others that help create world peace and make such a dream attainable now.

The Call

We warmly invite you to join us at this very powerful and important time in a very spiritual and healing place.

Through the sharing of the Light of Universal Peace we illumine each other's lives. The **"Heal Now!"** Retreat is a place where we will all have the opportunity to love, to laugh, to cry, to heal, to grow and to celebrate our own Power within.

Warmest regards,
Dr. Sharon

Come join us for a life-enhancing journey into the amazing experience and science of true healing

Our "Heal Now!" Retreat/Training is a Call to the Soul. It takes you on a journey through time and touches your soul with the life-transforming power of innovative healing techniques, sacred sites, and Ancient Wisdom. When your motive for planning a trip like this is searching for greater insights into your own spirit, healing, or learning new techniques that will transform your life and the lives of others, the material in the course and the energies of the Healing Centre will open you to the greater dimension of exquisite self-empowerment and healing

"It's not just about the material or of the Healing Centre. It's about reconnecting with your soul and discovering your heart's true desire... therefore, in a very real sense, it's all about YOU, your Life Purpose and your total well-being."



The "Heal Now!" 7-Day Retreat

1394 Briarcliffe Dr., Coquitlam, Vancouver B.C. V3E 1Z1

1-800-344-2750

Websites: www.healingnow.com