

## Detailed Description of the Sept. 1<sup>st</sup> -15<sup>th</sup>, 2011 "Results Guaranteed" Retreat



### *Welcome, "Come Let The Healings and Teachings Begin"*

We know that more and more practitioners will be needed who have expertise in the fields on Energy Psychology, Energy Medicine and Body/Mind Medicine. This **"Results Guaranteed" Certification Training** will not only help you gain essential skills, but also give you a competitive edge.

This Training is for **YOU** if you are interested in healing for your self, your loved-ones, and/or if you are a Health Care Practitioner and Healer looking to deepen your understanding and to gain effective and powerful tools for your practice.



### *Healthways International Center of Integrated Medicine*

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

Tel: 1-800-344-2750 604-475-0809

TheHealingHaven@aol.com or dr.sharonforrest@gmail.com

Websites: www.healingnow.com www.paskay.org

*The Training/Retreat will take place on magnificent Vancouver Island which seeps with powerful energies conducive for the enhancement of spiritual growth and healing".*

Greetings Dear Seeker\_

We are delighted that you are considering joining us for our 14-day Intensive – **The 'Results Guaranteed' Certification Program and Melody of the Natural Healing Arts Retreat**. You are giving yourself a gift of a lifetime, one that has the potential to transform your life and career forever. Held at a lovely Retreat Centre in **Vancouver Island's** magical Cowichan Valley this Retreat is one the most powerful healing/learning experiences available anywhere. It will be an eminent fourteen days for you in so many ways. The procedures and techniques you will learn are on the cutting edge in Energy Psychology, Quantum Neuroscience, 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, awaken the Healer Within, learn powerful healing modalities, work on personal issues, tap into the past and to heal. This event is exceptionally empowering because you are the one facilitating your own healing and awakening to your own higher levels of consciousness. Due to Dr. Forrest's unique teaching methods, both the beginner and the professional benefit equally from the hands-on-training offered in this accelerated Certification Course. **In fact, over the years, several people have found the Training so beneficial that they have taken it twice.**

To ensure optimal individual attention and learning the "Results Guaranteed" Training is limited to 16 participants. To reserve your place please send in your deposit of \$1,000.00. Once we receive your deposit we will send you ample information on: how to prepare for the Training, what to bring, more details on the special events that we will be blessed with, information on the Retreat Centre, as well as a few ideas of places to visit while on Vancouver Island. Please make the check or money order payable to **Dr. Sharon Forrest** and send it to the above address to reserve your place. For other modes of payment please contact our office at 604-475-0809.

***"Do not go where the path may lead, go instead to where there is no path and leave a trail."***

***- Ralph Waldo Emerson***

*The “Results Guaranteed” Retreat forms a bridge between ancient truths and modern discoveries. Come join us for a magical and life enhancing journey into the amazing experience, art and science of true healing.*

## **PRIORITY TESTING**

**Old Chinese Proverb: I hear, and I do not believe,  
I see, and I do not comprehend, I do, and I understand.**

➤ The ONLY time Dr. Sharon Forrest teaches this modality is once a year during this particular Training/Retreat.

### **“Results Guaranteed” Priority Testing:**

*Curing is treating and trying to eliminate the symptoms. Healing is uncovering the underlying cause to affect a lasting healing. Healing incorporates body, mind and soul.*

**Priority Testing:** This is an informative and experiential 14-day Retreat on Vibrational and Subtle Energy, Behavioral and Preventive Medicine, multi-disciplinary and multifaceted approaches to healing mentally, physically, emotionally and spiritually. At the beginning of the “Results Guaranteed” Training you will be taught **Priority Testing**, the highlight of the program. People can't believe, understand or even fathom how powerfully effective this modality is until they learn and experience it themselves. Priority Testing is revolutionary, quantum, and transformational healing technology. **It has unprecedented success in directly accessing the underlying cause of an individual's physical or psychological issue and ascertaining the best means of treatment to quickly achieve a lasting healing!**

♥ *"I found this form of diagnosis and treatment not only helpful to me personally but absolutely mind blowing! These folks are tapping into universal consciousness in ways that will transform healing, the world, and the way in which we perceive ourselves. Highly recommended!" - Lionel Friedberg, Emmy Award-Winning Documentary TV producer.*

♥ *"I added this exciting work to my repertoire one day. Clients who were unable to obtain relief elsewhere are generally relieved with one visit. With much love and caring, Priority Testing takes the guesswork out of diagnosis and ascertaining the most effective treatment." Dr. George Polluck D.C.*

### **The mysteries concerning how the mind and body work together are just beginning to be explained.**

Over the past three decades medical journals have documented a tremendous amount of research, which is just beginning to give us answers. Now we can finally begin creating mental and physiological interventions based upon a causal theory rather than using the standard process of elimination. Research literature concerning energy medicine/psychology, epigenetics, biopsychology, neurology, meditation, hypnotherapy, and neurofeedback are showing us how we can use the power of the mind and emotions to change our lives, our minds, and our bodies.

**We know that more and more practitioners will be needed who have expertise in the fields on Energy Psychology, Energy Medicine and Body/Mind Medicine. This “Results Guaranteed” Certification Training will not only help you gain essential skills, but also give you a competitive edge.**

**Psychoneuroimmunocardiogastroendocrinology:** (No, you will not be given a test on how to pronounce or spell this word). We will inform you of the latest research in this field and then explore and demonstrate the omnipotence of Mind-Body-Soul Connection and the power of using the mind and the unified fields to heal.

### **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*

**These cutting-edge procedures and interventions will inspire you to step out of the self that you've known and break free from the bonds of the past.**

During the **"Inner Child"** section you will learn and 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.

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, giving one's power away, abuse and/or addictions, etc., etc. These patterns can be caused by experiences that occurred in our family history. Tragedies like abuse of any kind, addictions, death or absence of a parent, adoption, illness, imprisonment, immigration, insanity, suicide, violence and war have a rippling effect for generations down the line.

**Abuse Issues** such as mental, physical, emotional, verbal, sexual, spiritual, domestic and neglect, 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'oponono** - 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 to effect change! (Not the Ho'oponono Dr. Vitale talks about)

♥ "Dr. Sharon Forrest's 'It Works' and her 'MGECR' 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.



The energy in Cowichan Valley, the lake, surrounding woods and the Retreat Centre itself are very conducive to 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. Even if you have studied some of these techniques with Dr. Forrest before, not only will you reinforce what you have learned but you will now master the most effective, productive ways of using them; as well as how and when each therapy is the most productive healing modality - **the 'top priority'**. Then too, Dr. Forrest always has something new and exciting to teach.

### **Hypnosis:**

**"What lies before us and hay lies behind are small matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen."** - Thoreau



*Much more happened and is constantly happening since that weekend. There are no words in English language to express my feelings and thankfulness. At least I want to thank God and the Universe for this lifetime opportunity to meet you! Blessings and big hugs.” - Detlef - Joe - Friede*

You too will receive glowing testimonials like the ones on these pages.

### **Energy Psychology and Energy Medicine:**

*"In their essential state our bodies are composed of energy and information, not solid matter. This energy and information is an outcropping of infinite fields of energy and information spanning the universe"- Deepak Chopra,*

**Energy Psychology and Energy Medicine** recognize energy as a vital, living, moving force that is the foundation of our wellbeing. The human body is composed of some 75 trillion cells each connected electromagnetically with up to 10 million other cells. Energy Psychology/Medicine works directly with the electromagnetic and subtler energies that orchestrate health, emotions, and behavior. It is proving to be an effective, powerful, and surprisingly precise way of improving health, enhancing performance, and increasing joy in one's life. Energy Psychology/Medicine draws upon ancient wisdom and spiritual practices and combines them with scientific procedures (e.g., empirical research, biofeedback, EEGs, and MRIs), and adopts them into modern contexts. Its applications extend far beyond the health care setting, into business, education, government, and family life- everywhere that people wish to be more effective, vital and creative. These subtle energies are the bridge in the mind-body-Soul connection. A wide range of practitioners interested in increasing their clients' vitality, mental acuity, and health can easily adapt the techniques it presents.

*“The physical body is the densest component of many interactive energy fields. Each of these fields is connected to the physical cellular structure through a complex network of energy threads” -Richard Gerber, MD*

### **Phytotherapy:**

You will learn how to prepare your own herbal remedies, soups, teas and cleanses to enhance all areas of life. Specific areas we will focus on are: bladder/urinary track infections, bone building, cancers, candida, chronic fatigue/fibromyalgia, cleansing/detoxing, depression, fibrocystic breasts, immune system enhancement, insomnia, liver, gallbladder, menopause, prostate and varicose veins.

### **Psychocellular Communication Therapy and Accelerated Transformation:**

The last three days of the Retreat will be dedicated to making breakthroughs and experiencing Psychocellular Communication Therapy and Accelerated Transformation. Both are on the cutting edge in psycho-physiotherapy. You'll realize that there are no incurable diseases only incurable people. **Psychocellular Communication Therapy** is a form of Spiritual Alchemy and Spiritual Psychology. This particular combination of Regression and **Past Life Therapy** is channeling your own Higher Self. It is direct communication with the Highest part of yourself, which knows everything about you, has never judged you and loves you unconditionally. You can connect with this consciousness; to gain in wisdom and understanding; to clear unfinished business and to heal on all levels. It is not really hypnosis but a guided journey of self-discovery and healing. Psychocellular Communication is the technique Dr. Forrest used to heal her daughter of MS 19 years ago and herself. 30+ years ago Dr. Forrest had lupus and chronic bronchial asthma to the point of receiving Last Rites a couple of times and had Near Death Experiences. Today she is vibrantly healthy and full of energy.

**EFT and Accelerated Transformation** is subconscious, cellular and morphogenic field clearing of any deep seated or hidden core issue and transforming it. EFT is gaining in popularity worldwide.

Psychocellular Communication Therapy, Regression and Past Life Therapy and Accelerated Transformation deal with: healing the Inner Child; healing spousal, family and work relationships; healing woundedness from broken relationships, dissolving phobic fears; rebirthing; possession; uncovering the underlying cause of non-desirable patterns, emotions, chronic illness, aches and pains; clearing the emotional body; discovering past lives in connection with present day relationships; overcoming fears of death and dying; communicating with loved ones who have passed over; understanding your Life Mission; uncovering the saboteurs and turning your life around.

Immediate results invariably are: Forgiveness of self and others; deep understanding of patterns, feelings and relationships; improvement in mental, emotional and physical health; a new and better outlook on life; a deeper sense of total well being and a determination to walk your own Life Mission. This process will give you much greater insight to your purpose here and where your important relationships first began. Dr. Sharon Forrest finds Psychocellular Communication is also the most effective to reverse and heal chronic and degenerative diseases.

*“Since the beginning of time there has never been a disease that someone, somewhere, somehow, has not completely healed. Can what they did work for you, a loved, or client? Is there any reason why it should not?”*

- Dr. Sharon Forrest

### **Commitment:**

We know that the gorgeous surroundings and delightful Retreat Centre offerings will be enticing, however, it is imperative to make a commitment to yourself, your Life Mission and 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 Training 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 and/or be on your own. You'll be glad to know that we will hold some of the workshops outside in nature.

**Enjoying The Retreat Centre and Vancouver Island more:** “Results Guaranteed” is a **Certification Training** not a vacation. You might want to consider arriving a few days prior to the Training, or staying a few days afterwards to explore Vancouver Island. A must see is the exquisite Butchart Gardens! Well worth the time. <http://www.butchartgardens.com>

### **Certificate:**

To receive your “Results” Certificate you, the participant, **must attend ALL of the classes that are in the main program**.

### **Free Time:**

Yes, you will have free time to: explore, play, rest, hike, walk, swim, soak in the hot tubs, sun bathe, process what you worked on, practice what you learned, bond with new friends, journal, meditate, have spiritual moments, etc. Perhaps, at an additional minimal cost you'd like to profit from some of the **Special Delights** - e.g. schedule a private session, treat yourself to a delightful massage, or take the advantage of an awesome practicum -(more information regarding these further on).

### **Early Bird Temptations:**

We offer **Thai Yogacise** sessions a few mornings before breakfast. Thai Yogacise is a combination of Yoga and exercises that Dr. Forrest put together for her hospital in Mexico. We'll go at our own pace. It's easy and light, but works on all parts of the body incorporating each muscle, ligament and joint. People love it. We often **hike in the woods** early in the morning before classes, or go swimming. Energizing! You'll love it!

### **Optional Morning Meditation and Spiritual Moments:**

We will offer guided meditations prior to the class most mornings and the occasional evening one as well.

### **Special Delights:**

During the '**free times**' you can choose to pamper yourself by scheduling one of a wide range of treatments such as massages and/or participating in a practicum. We call these '**Special Delight Practicums**'. These include an assortment of mini 3-hour experiential workshops

**Optional Practicums:** Various skilled people are offering a few exceptional 'Special Delight Practicums' for a very minimal fee of \$35.00. These are to be paid directly to the person(s) facilitating that particular practicum. If you would like to teach a practicum please send us a detailed description as soon as possible.

### **TRAVEL INFORMATION and TIMES:**

**Please note:** The “Results Guaranteed” Training and Melody of the Natural Healing Arts **Retreat begins officially on Thursday, the 1<sup>st</sup> of Sept at 5:30PM** with a Welcoming Dinner, Opening Ceremony and Native Blessing. **The Retreat terminates** with a Closing Ceremony and Certificate Receiving on **Thursday, the 14<sup>th</sup> of Sept at 7:00PM**.

**VERY IMPORTANT!** ✈️ If you are flying in make sure that you will **arrive in Victoria B.C.'s airport before 2:30 PM on Thur. Sept. 1<sup>st</sup>** and are scheduled to **depart Victoria B.C.'s airport after 2:00 pm on Fri. the 15<sup>th</sup> of Sept.**

### **Transportation from Airport To the Retreat Centre and back:**

**Please note:** From the Airport to the Retreat is a scenic drive of approx. 2 hours each way. More information will be given upon registration for the Training. There will be a shuttle waiting for you, at the airport, at 3:00pm on the 1<sup>st</sup>. The shuttle to the Victoria airport will depart the Retreat Center at 10:am on the 15<sup>th</sup>.

**Passports:** Canadians and Americans you definitely need to have a current Passport (with at least 6 months 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:** We have very carefully chosen our accommodations. We checked out several before finding the one we have chosen. You will be staying in cozy rooms, with comfy beds, picturesque views and private bathroom. Most have magnificent views of the lawns, lake and forest. Enjoy star-crusted dark skies at night while floating on your back in the hot tub and the melodious songs of birds in the morning; truly a marvelous settings for our Retreat.



**Meals:** Delightful vegetarian dining (with some fish and chicken) is yours here. The Retreat's superior chefs will create tantalizing, healthy dishes for your pleasure. Breakfasts, lunches and dinners and healthy snacks 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. Days are warm and evenings are cool. 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? Don't bother. Please just be your wonderful natural self!



**Cost and what is included:**

**Your investment** of \$3,500.00 includes: a sizeable, detailed Instruction Manual containing a wide assortment of articles on healing, plus step-by-step detailed protocols and procedures that you can implement immediately into your practice and private life, Certificate upon completion, 60 CEUs for nurses and hypnotherapists, delicious, healthy meals, daily experiential workshops in a safe, nurturing place for personal growth, powerful ceremonies, profound spiritual moments, time in nature, entertainment, spectacular sunsets, surprises, fun, laughter, growth, and memories that will warm your heart for ever. **Optional** delights include: time with a Peruvian **Keeper of Ancient Wisdom**, early bird meditation, yoga and/or hikes and additional enticing Evening Practicum on a variety of topics.



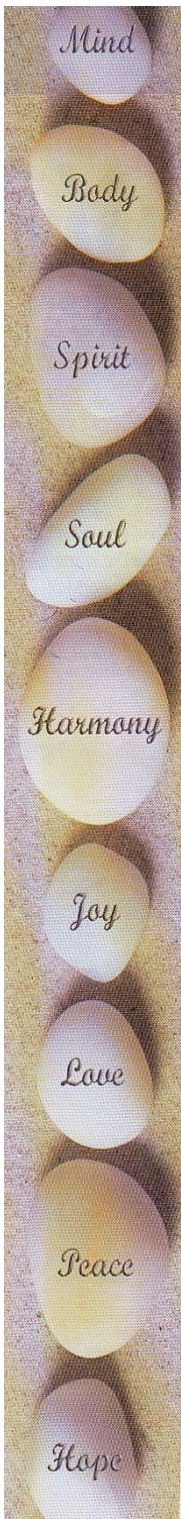
**Your investment in a new you and an enhanced or new profession only \$**

**3,500.00 (per person double occupancy.** N.B. Training is limited to 16 participants. The 1<sup>st</sup> 7 to register can have a private room.) **Deposit of \$1000 due now. Balance of \$2,500.00 due no later than July 15<sup>th</sup> 2011.**

The Retreats 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 beliefs. 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.

**Come for the intellectual freedom to consider systems of thought and feeling that lie beyond the current constraints of mainstream academia and medicine. Come to discover Ancient Wisdom and the latest in Neurosciences, Epigenetics, Alternative Medicine, Energy Medicine and Energy Psychology. Come to rediscover the miracle of self-aware consciousness and your own healing powers.**

If you know any colleagues or family who might be interested in the "Results Guaranteed" Training, We'd be grateful if you'd pass the word. There is something so affirming about being in a small gathering of capable, dedicated practitioners and people interested in self-help and cutting edge protocols from all over the USA, South America and Canada. 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 those evenings when the huge, orange-red sunsets on the horizon welcomes the night. Just being in the country, listening to the birds and seeing the star crusted skies, or pulling back the drapes to greet the day feels spiritual. There's a kind of magic that happens when nuances of the healing Energies of this Healing Retreat and the 2-week Intensive Training mix with the learning of new concepts and paradigms among like-minded people. 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 to heal 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 "Results" Retreat is a place where we will all have the opportunity to love, to laugh, to heal, to grow and to celebrate our own Power within.

*Until we unite together on the beautiful Vancouver Island may the wondrous Love and Wisdom that truly belongs to us all, shine in all areas of your life and may you experience it more and more each day!*

Warmest regards,

Dr. Sharon

### **The "Results Guaranteed" Retreat - Facilitator Certification Program**

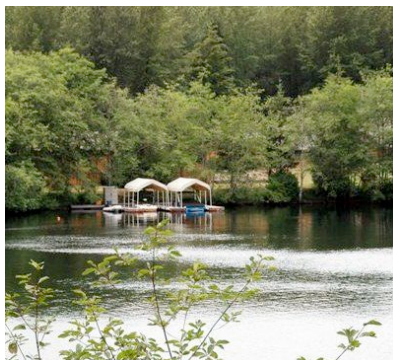
**This Retreat forms a bridge between ancient truths and the latest discoveries, and will greatly enhance all areas of your personal and professional life!**

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

*Our "Results Guaranteed" 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 to this enchantingly beautiful and powerful place 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 Cowichan Valley will open you to the greater dimension of exquisite self empowerment and healing*

*"It's not just about the material or of Cowichan Valley. 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 Vancouver  
Island  
"Results Guaranteed"  
Certification  
Intensive**



[TheHealingHaven@aol.com](mailto:TheHealingHaven@aol.com)  
[SacredJourneys22@aol.com](mailto:SacredJourneys22@aol.com)

Website: [www.healingnow.com](http://www.healingnow.com)

**1-800-344-2750**