



Surrey / White Rock with Dr. Sharon Forrest

Healing the Wounds & Breaking Old Patterns

Feb. 22-24, 2013

Feb. 22 – 24, 2013 Fri. 7 - 9:30 Sat. 10- 7: ~ Sun. 10 - 6:

“Surviving is important, but thriving is elegant.” - Maya Angelou

TRIUMPH OVER TRAUMA, GO FROM WOE TO WOW NOW!

Are your childhood memories ones of joy, laughter and adventure, or fear, rejection, abuse; or... too many forgotten memories and vague bits of “unfinished business”? Whatever your experience, even if your conscious memories are lost or suppressed, your ‘all-knowing’ Inner Child is there. It is a very real and vital part of you and plays a large part in your daily life today. Come! It's time to invest in yourself and to take your power back!

Even if you have attended workshops before and done tons of therapy, this one is a must, because it begins where the others leave off and.... **you go from surviving to thriving and from pain to gain!!**

Experience a life-changing workshop designed to give you the most effective, innovative tools, safely and support needed to free yourself from subconscious, beliefs, and detrimental programming which undermine all your relationships, even with yourself!

You will have many unique, powerful opportunities to discover, confidentially and safely how abuse, past or present, affect all areas of your life. Healing happens in a warm nurturing environment with each tear and secret shared and all the little kindnesses that whisper someone has been there, cares, believes and understands.

Come transform and heal mental, physical, emotional, verbal, sexual abuse, and/or neglect!

Dr. Sharon Forrest who experienced horrendous abuse as a child and young adult is internationally well-known and loved as a Master Healer/Teacher and certified clinical hypnotherapist. Dr Forrest has an extensive background in Transformational and Energy Psychology, Ancient Wisdom, Neuro Sciences and Naturopathic Medicine and has specialized in inner child and abuse work for 40 years.

Dr. Sharon is lovingly called “Mama Sharon” and “Bratty Angel” because of her warm loving nature, laced with a touch of mischievous humor. Dr Forrest will gently guide you on a liberating journey of self-discovery, self-empowerment and multi-generational healing.

- Do you suspect or know of sexual, emotional, verbal or physical abuse in your family?
- Do you express or implode your anger and rage?
- Do you dislike your body, your lifestyle? • Do you have a poor image of yourself even today?
- Are you a perfectionist? • Do you have control issues?
- Do you get depressed or even suicidal? • Do you tend to 'numb out' or 'shut down' or act out?
- Do you wonder where certain feelings of guilt and fear are coming from?
- Do inhibitions and undesirable patterns prevent inner peace, health, and success?
- Do you have trouble maintaining meaningful relationships or keep drawing the ‘wrong’ mate?
- Do you attract the same type of people and/or the same type of situations?
- Do you subconsciously turn to food, relationships, drugs, alcohol or sex to cover the pain?
- Do you have trouble trusting other people?
- Are you inclined to confuse sex and affection? • Do you have sexual and intimacy issues?
- Do you sometimes get very angry, rage or lose control and wonder why?
- Have you forgotten or blocked out parts of your childhood?
- Do you have a weight problem? • Are you the partner of an abuse survivor?

Have you answered, "yes" to any of these questions? If so, this is the workshop for you!

This workshop is for those who know it is time and are ready to heal!



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

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Learn techniques and resolve in a weekend what most therapies take years to accomplish.

- Geared to professionals, non-professionals and anyone desiring to understand and heal.
- Learn physical/emotional symptoms and illnesses caused by living in abusive environments.
- Discover the common long-term effects of childhood abuse on all areas of your adult life.
- Learn effective ways of dealing with these issues, plus prevention and elimination of multigenerational abuse.
- Understand and eliminate feelings of guilt, anger, depression and poor self-image.
- Ascertain the various types of abuse, their signs and symptoms.
- Understand the 'false memory syndrome'.
- Anger Resolution ~ Turn internal anger into positive, constructive thought patterns.
- Reach resolution. Go beyond understanding why these experiences happened, and HEAL!
- Promote a happier, healthier lifestyle for yourself and your loved ones.

It's time to invest in yourself and take your power back!

Your investment in regaining your life \$225.00

Sponsored by: Healthways International & The Enlightened Humanitarian Society

For registration please contact Tel: 604.385.1111 ~ E-mail: healnowitstime@gmail.com

Testimonies

♥ "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. 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 Reynolds