

Natural Healing Express Weekly

Column Volume 54 Surviving to Thriving Part I

This week we will begin a three part series on our upcoming workshop – Surviving to Thriving. First we'll chat about how this workshop came about workshop along with some background regarding my Co-Host Trent Blanchard's credentials. Then we'll chat briefly about what one can expect to accomplish from attending this workshop and finally, give the pertinent details about attending the workshop.

Next week we'll go into more specifics, along with greater expectations and include an agenda. For the final part in our series, which will print after our workshop weekend, we'll discuss personal findings, feedback and include some ingredients for long term success and maintenance.

As you may recall Trent Blanchard and I met in grad school in sunny California. Even though the topic we were mastering was quite serious business, Spiritual Psychology, we found a way to perpetuate our natural role as jokesters, having a lot of fun through the learning process. Suffering slightly on rare occasions where we were clearly framed, being reprimanded as we discovered the boundaries of class participation.

As our friendship grew and continued to deepened, we began to realize how vital having fun and bringing lightness to our specific situations in life, especially the heavy and often painful topics were to the healing process. To this day, our friendship, along with our healing practices is based on this way of thinking. Somehow the harder realities and answers to difficult questions are easier to swallow with a little humor involved.

Most of you already know my background, but this column is dedicated to you getting to know Trent. Trent, like most, has had the experience of pain and suffering in his life. Many years ago, when his life simply wasn't working, he made a conscious decision to honestly look at those painful experiences in his past, knowing they were the key to healing his future. Throughout this process he made many discoveries which he wittingly shares. Trent now lives by the motto, "change your thoughts and change your life."

Trent's interesting, extensive and varied background can be found at [www.blanchardconsulting.org](http://www.blanchardconsulting.org). Among many educational and professional credentials, Trent holds a Master Degree from University of Santa Monica as well as being a Certified Addiction Specialist.

When I contacted Trent for a chat a few weeks ago regarding my own healing as a result both of my parents passing last year, we decided it had been way too long and an in person visit was in order. More importantly, we believed many people could benefit from the processes and practices utilized during our conversation and the healing revelations were revealed.

Thus, our workshop, Surviving to Thriving: Getting What You Want Out of Life was born. How does our concept apply to your life and why should you come to our workshop? If you are stuck in any area of life, if you want to get MORE out of your life, if you are going through a rough and painful part of your life, if

you are just surviving and not thriving, if you are tired of the way your life is currently moving or if you just want to have some fun and learn something, you should come to this workshop.

You will learn great tools and techniques not readily available in our area. You will meet like-minded people who can support you. You will trash some of your old negative beliefs. You will remove obstacles to success. You will have fun and enjoy and nutritious lunch by Lisa Hanson.

Some of the awareness tools that will be taught during the workshop are: learning how to re-perceive the issues that are bringing pain and causing suffering in your life, learning how to get fully present, and learning how to attract what you really want in life.

We all deserve a life filled with love and peace, it is time we rid ourselves of what is no longer serving us and claim our birthright of joy. Please make time to attend.

### **SURVIVING TO THRIVING WORKSHOP**

**Friday, October 12<sup>th</sup> from 9:30am to 2pm**

**Natural Healing Express, 204 West Main Street Lena, IL 61048**

or

**Saturday, October 13<sup>th</sup> from 9:30am to 2pm**

**Jamie's Wine Studio 112 N. Main Street, Galena, IL 61036**

*Cost of the workshop is \$99.00 per person, which includes a nutritious lunch by Lisa Hanson of Clean Cuisine & a Free Gift (at least a \$50.00 value) Space Is Limited!*

Please RSVP via email at [skscham@aol.com](mailto:skscham@aol.com) or call Natural Healing Express 815-990-8732

For more information on Trent and Susan, please visit **[www.trentblanchard.com](http://www.trentblanchard.com)**  
and **[www.naturalhealingexpress.com](http://www.naturalhealingexpress.com)**.

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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