

Natural Healing Express Weekly

Column Volume 156 Tidbits Regarding Our Upcoming Seminar

“What counts can’t always be counted; what can be counted doesn’t always count.” Albert Einstein. Does it seem like some days what you are working for doesn’t seem to be what life is really about? As if you are a gerbil on the treadmill never seeming to get to the next level? Well, if so, our upcoming seminar is your ticket for taking on new habits and beliefs that will help.

Are you ready to live the life you have always dreamed of? Does living a bigger, happier life make your heart beat faster? Are you tired of being a prisoner of your past experience? If the answers are yes, join us for our life-transforming “Surviving to Thriving” workshop that will give you the tools to true freedom.

The workshop will be co-hosted by Trent Blanchard, MA and me. To give you a short background, both Trent and I both experienced only “limited” joy in our past. We both knew on deep levels there was more to life than simply surviving. Together, we decided to embark on our own personal journeys of discovery and education that enabled us to clear away the issues that held us back in life. In somewhat separate arenas, we began to discover what variables moved us forward into the realm of thriving in lives. Through our Masters’ program at University of Santa Monica, we became equipped with powerful tools and techniques to help ourselves and others resolve and update the limiting behaviors which stand in the way of success. Perhaps more importantly, we were encouraged to work on our own “crap” that would enable us to be of greater service to others. What we have learned is that sometimes only the ones who have walked through these deep challenges can truly be of service to others out there who are struggling.

During our workshop, which is a safe place for healing, we discuss Bio-individuality and other important psychological concepts. From our own education and personal healing journeys, we created a fool-proof process which we call “The Freedom APP”. The Freedom APP was co-created to assist people in resolving their issues and achieving personal freedom from self-limiting beliefs and painful past experiences. We are both examples of surviving our limited beliefs – so much so that we both personally believe much emotional and mental suffering is prolonged because of such limiting beliefs.

Our Freedom APP, which will forever be available at your fingertips once learned (much like an application you pull up on your smart phone) walks you through a gentle, step-by-step process of healing.

The process starts with **A**cknowledgment that an issue is present – mainly that we are the creators of our own self-limiting beliefs about ourselves. We will learn to get in touch with our bodies and their feelings to help us with this concept. We continue working a **P**rocess of self-forgiveness that will enable you to release the old thoughts that are stopping you for claiming your good. We anticipate that each person will be guided through their own releasing process. Finally, we are encouraged to dream big and create new possibilities for the experience we truly want in the **P**resent moment.

Doesn't this workshop sound too good to be true? Well, in actuality it IS – but that is the way life is intended to be. Sign-up NOW! Your new life awaits you!

The Surviving to Thriving Workshop is INKED for Saturday, October 25 at the Rafters in Lena. Please contact us at 815 990 8732. We will limit the number of attendees to 35 so we can provide a lot of individualized and small group time for further facilitation of this skill set. So, if you are interested, please call Natural Healing Express and get on the Pre-Registration list. It is certainly not very often that someone

as talented as Trent comes to our area. Please take advantage of this opportunity. Cost is 99.00. We will meet from 9:30 – 4:00 with a meal break.

Enjoy! 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 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express