

6-month inner work program

“Emotional Freedom for Everyone”

Registration Form

INFORMATION IS CONFIDENTIAL

FOR ADMINISTRATION ONLY

Name:

Tel:

Mob:

Email:

Address:

Emergency contact Name & Tel:

Payment Option:

\$ 600 pre-payment

\$ 1100 pre-payment couple's rate

\$ 100 p/m for 6 months

When & where:

Sundays 12 – 3 pm at Manumission Yoga, 3b Victoria Rd, Paddington 2021. **Dates of Sessions:**

1st Session Sunday June 4th 2017.

2nd Session Sunday 25th June

3rd Session Sunday 27th August

4th Session Sunday 24th Sept

5th Session Sunday 22nd or 29th Oct

6th Session Sunday 12th or 19th Oct

Web link: <http://www.freedomtechniques.com.au/#!/group-therapy/ci6k>

COURSE OUTLINE

1. Emotional Literacy: How our emotions and limiting beliefs **affect our life, physical health, wealth and relationships**. How suppressed emotions get **locked in the physical body** and our cells / cellular memory, showing up as **anxiety, depression, stress, chronic pain, undesirable reactions, behaviour and difficult relationships and life struggle**.

2. Emotional Triggers: Why we get triggered and How to use Emotional Triggers in our favour to learn about ourselves, remove emotional blocks, heal old trauma and change undesired patterns

3. Trauma and Unconscious Defences: Gross vs subtle trauma. Emotional vs. physical trauma. What happens when we experience trauma and how it affects us. Uncovering unconscious material and releasing negative cellular memory.

4. Our Defences mechanisms: Defence structures and their development.

5. Family Constellations: Discovering the relationship dynamics of our family of origin and how they unconsciously affect our relationships today.

6. Relationships and intimacy: Our undesirable relationship patterns and how to exchange them for more desirable ones. **Co-dependency** VS. true intimacy and connection -and how to create it.

7. Conscious Communication: Speaking our truth, taking responsibility, owning our emotions and setting healthy boundaries. Uncovering the habitual and unconscious ways we manipulate and lie (to ourselves and others!) and why this never works in our favour.

8. Personal Responsibility vs. Victimhood: Finding the way to Freedom by taking Profound Personal Responsibility of our experience. Owning and letting go of our Victimhood.

9. Discovering our unconscious limiting beliefs / negative core beliefs: Getting to the core: Finding out what really beliefs about ourselves and the world have been running us unconsciously, and how to release them.

10. The Shadow Self: Getting to know and love our Shadow; the side of us that we do *not* want to own. How owning our shadow

11. Self Love and what it looks like in action: From self sabotage and –punishment to genuine Self Love.

12. Discovering and Manifesting our Life Purpose: How to make our dreams reality and give ourselves the life we desire.

*Each week will include **Breathwork** or other practical work or exercise, **theory** of above subjects and a **check-in** (sharing). The 6 sessions will be ran in a **free format** and above outline is an example only.*

Investment:

6 monthly payments of **\$100** / one time payment of **\$ 600 / \$ 1100 per couple**



“Emotional Freedom is true Freedom”

