



## **LIST OF COURSES**

### **Let Go & Live 1**

Discovering the feelings or CHARACTERS we are resisting, learning methods to use that resistance to point the way to more abundant loving.

### **Let Go & Live 2**

Uncovering the deep seated CORE HALLUCINATIONS that keep us resisting the characters. Creating affirmations and alternative methods to go beyond the resistance.

### **Let Go & Live 3**

Exploring where we have core COMMITMENTS and using our “Addictive Behavior” as a guide to our future growth.

### **Communication/Communion**

Learning the art of relating to another, seeing why and where the confusion occurs.

### **Sexuality/Spirituality**

Exploring your desires as signposts for your further discovery of self.

### **Rx Relationships**

Apply an effective prescription for creating new relationships. Learn techniques for strengthening and deepening existing ones.



## **Intimacy as a Path to Wholeness**

Understand the stages of a relationship. How we can respond creatively to the situation rather than to the resistance in our relationships.

## **Retreats**

The high point of the year. A weekend filled with processes, party, information and meditation.

## **Abundance & Prosperity**

Whether you define your abundance in terms of money, relationships, inner peace or Haagen Dazs ice cream...this workshop will enable you to see why you're not getting what you want and what you can do about it.

## **Addictions & Aversions**

Join the safari through the land of "I want; I must have; I can't stand!" We don't guarantee you will drop all your addictions, but you will be able to direct your loving where it will do the most good.

## **Myth of Loneliness**

Learn how to be alone and not be lonely by releasing the myths that perpetuate separateness and longing.

## **The Next Step**

A rich experience in clarifying commitments, uncover self-deceptions, rearranging symbols and releasing additions.



### **Let Go a Little More**

Discover and investigate the real commitment underlying everything we do. Learn to create with your feelings rather than be a victim of your feelings.

### **Enjoyment Takes Practice**

Examine how the polarities of feeling flow into one unified experience and how that “unity” can be enjoyed any time it is allowed to happen.

### **More Fully Alive—a Choice from the Heart**

This intensely liberating seminar experience helps you:

- **Speak your truth from a place of power—your heart**
  - **When “in the trenches” and in crisis—to love anyway!**
  - **When in the midst of pain—to stay centered in peace**
  - **Turn down the volume on mind-chatter**
  - **Be more fully present in each moment as you choose what honors your heart and soul**
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