

Radical Forgiveness Session

Friday, 20. April 2012 7 - 10 pm



Would you like to have more energy in the here and now?

Would you like to feel inner peace?

Would you like to let go of the past?

Then join this Radical Forgiveness Session.

During this session you will have the opportunity to go through a guided **13-step Forgiveness Process** to forgive somebody you are not feeling at peace with.

We will work through the **Radical Forgiveness Worksheet**, for me the most powerful tool, which you will be able to use every time you get irritated or hurt by someone or a situation. Working with the Worksheet will give you a feeling of peace every time you do it.

Radical Forgiveness is not to be seen as a therapy, it is energy work. You can free the energy which you use to hold on to the past and to situations you got hurt in, so you will have this energy available to use positively in the here and now.

Radical Forgiveness is about looking for the deeper reason behind what's happening to you and about Self-responsibility. Once you take on responsibility for your life, you can let go of being a victim and projecting what's unhealed in you upon others.

This Session will enable you to use Radical Forgiveness on your own and it is an important preparation for the **Radical Forgiveness Ceremony** held on the 21.04.2012, which will help to establish where you are still holding on and where you still have wounds that are unhealed. It also gives you widespread opportunities to forgive.

Discounts are available. Please ask for details.

I am looking forward to conveying

Radical Forgiveness to you.

It holds the power to really
change your life.

Verena Anliker

Licensed Coach of the Tipping Method

Where: Nature Trail, 39 Castle Street,
Omagh BT78 1DD

Costs: £ 35 or €40 (Euros preferred)

Register: With Mary Gormley

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