

Celebrating True Strength & Aliveness

**A Weekend Workshop
Dec. 4-5, 2004**

How does True Strength Appear in One's Life?

- As an unlimited source of aliveness, vitality, and zest
- As the power to break free of old limits and expand every aspect of our lives
- As the capacity to create and maintain healthy boundaries in our relationships, and ultimately to develop real autonomy
- As the essential fuel for optimal sexual pleasure
- As the force which neutralizes the inner critic or super-ego
- As discrimination to acknowledge abuse, while at the same time energizing healthy indignation to defend our humanity

Why is Essential Strength so Important to Growth?

Growth and transformation imply one's sense of self is constantly expanding and new capacities are emerging. Constraints of all kinds, internal and external, must be courageously seen and overcome. This kind of work takes sustained energy and passion. A powerful motivation deep within must be kindled to sustain our efforts, and counteract the constant pull of inertia that wants to draw us back into the old limited world. Strength is needed to neutralize the demeaning and damaging effect of the inner critic. Essential Strength is the source which satisfies the needs mentioned above. Essential Strength supports the soul in asserting its right to be here and be strong.

In this Experiential Weekend You Will:

- Explore your life to determine how Essential Strength is manifesting and where it might be lacking
- Examine and remove blocks that prevent activating Essential Strength
- Learn to recognize and disarm the inner critic using the presence of Essential Strength
- Understand & release Essential Strength bound up in repressed anger
- Work with the group to evoke Essential Strength through a combination of breathing, music/movement, personal exploration exercises, meditation and group discussion.

Personal Exploration in preparation for the Weekend Seminar:

To get the most from the weekend, you might examine the difference in the quality of life lived with and without Essential Strength. (See hints below) This will give you a sound orientation when we meet on Dec. 4-5, 2004.

Exploring a Life Lived Expressing Essential Strength

- I feel in myself a sense of implicit capacity. I can do it!
- It is easy to initiate action in any part of my life when needed
- My life evolves in ways that are expansive and growing
- I have courage when moving into the unknown, and when confronting people and situations when needed
- I sense my autonomy, being who I am, free from dysfunctional relationships
- I enjoy my aliveness, vitality, spirit, and zest
- I can assert myself easily. I am not afraid of my righteous indignation.
- I move toward what I want, and away from that which does not serve me

Common Issues and Difficulties Associated with lack of Strength

- I have difficulty dealing with anger: mine, yours and that of others
- I feel a longing for more vitality and passion in my life
- I use anger to cover up weakness, or as a show of false strength
- I fear being on my own, or find myself stuck in a co-dependent relationship
- My lack of courage and expansiveness keeps my life small
- My inner critic often runs my life in ways that are limiting

<p>Registration</p>	<ul style="list-style-type: none"> • Cost - \$150 per Weekend Workshop • Refund guaranteed if not completely satisfied • <i>Payment may be mailed to:</i> Michael Torresan, 8215 210TH Pl. SW, Edmonds, WA 98026
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