

THE BELIEF-FOCUSED LIVING WORKSHOP

☑ BELIEF-FOCUSED LIVING AND HEALING: A MIND-BODY-SPIRIT PARADIGM FOR INDIVIDUALIZED GROWTH AND HEALING

OVERVIEW

This seminar focuses upon the critical realities that control our daily life outcomes, no matter whether these outcomes are emotional, behavioral, spiritual, occupational, economic, sexual, relational, and to a significant degree even physical. When these outcomes are undesirable, they are changeable and can be transformed into desired and healthy ones. Understand why lasting change is so difficult and how to generate the healthy life outcomes one desires in life, and for those you care for and serve, is a high priority for those serious about optimizing their life experiences.

This seminar presents why our personal beliefs determine approximately 85% of the outcomes each person individually experiences in his/her life. These outcomes include: our feelings and behaviors, our spiritual peace or inner unrest, our work patterns, our spending habits, and our intimate relationships, just to name a few. Shaping who we are today and how we can be different in the future are the core beliefs that we daily embrace, and thus, the ones manifest in our daily lives.

OBJECTIVES

- Present the Foundational Realities that shape the context of our lives.
- Review Dr. Murray Bowen's input of "Differentiation of Self".
- Review the relevant insights and wisdom of Wayne Dyer, Robert Anthony, Thomas Harris, Larry Dossey, and Albert Einstein.
- Identify the underlying dilemma we face when confronted with unwanted life outcomes that keep repeating in our lives.
- Identify the two ways in which persons acquire their core beliefs.
- Present samples of Self-Defeating Beliefs / Childhood Youth Wounds [SDBs/CYWs].
- Identify several ways persons can identify SDBs/CYWs.
- Present samples of Healthy Life Commitments [HLCs].
- Present the effective Belief-Focused Interruptive Process for transforming SDBs and CYWs into HLCs.
- Present the three effective dynamics enabling lasting positive change, growth and healing.
- Present how to empower your subconscious mind for enhancing the transformation process.
- Identify one's Comfort Place and discover its power.
- Review the power of one's brain and the source of its ability to distinguish between reality and fantasy.
- Present the two major interventions effecting lasting positive change beyond the therapeutic setting.
- Present 24 Spiritual Energies and how Affirmations of spiritual beliefs enhance and transform one's life into daily personal qualities.
- Provide multiple-page handout for participants, including a 2-page Reference Sheet.

Length of workshops can vary anywhere between 3 to 7 hours, depending upon the setting and the sponsor's objectives.

Interested persons should contact Chaplain Nash by any of the following options:

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