

**BMA HEALTH & HEALING SEMINARS &
BMA's INSTITUTE FOR RELATIONSHIP REJUVENATION present**

RELATIONSHIP REJUVENATION ONLINE SEMINARS

- Has trust been lost with someone you care about?
- Do you still love someone but don't know how to rekindle the spark?
- Do you want to get clear on whether or not to leave or stay with someone?
- Is your relationship with your significant other in jeopardy?

RELATIONSHIP REJUVENATION SEMINARS *teach you:*

How to tell your emotional truth-

even when emotions weren't allowed in your family of origin.

How to regain trust that has been lost-

the process of letting go doesn't necessarily happen just because time passes.

How to heal from past abuse & upset-

ways to release abusive memories & feelings that may be stuck in your body and your mind.

How to communicate about stress triggers and conflicts.

How sexual intimacy is lost & how it can be regained-

what blocks intimacy for men & women

How fights begin & how they can end. Discover what you're really fighting about.

How what you learned in your family of origin affects your relationship-

discover what isn't true about the way you learned to communicate in your family of origin.

SEE NEXT PAGE FOR DETAILS

Cost: sliding scale. Call 206-367-9060 details.

Location: 12623 NE 110th St., Kirkland, Wa. 98033

**Please register by calling 206-367-9060
or go to www.bodymind-academy.com**

RELATIONSHIP REJUVENATION ONLINE SEMINARS

COMPLETE ONE OR ALL 7 AT YOUR OWN PACE

SESSION

1: ENERGY STATES OF BEING

What are the five energy states of being and how do they influence your behavior. How do you switch from a state you don't want to one you do?

Resource Reading: Energy States of Being EBook.

2: EMOTIONAL HEALING

How to recognize & stop taking in projections & abuse from anybody. How to stop projecting & abusing. How to claim and maintain your boundaries, communicate your feelings & heal emotionally.

Resource Reading: Emotional Healing EBook.

3: EFFECTIVE RELATIONSHIP COMMUNICATION 1

How to experience emotions as energy rather than judging yourself & others for the emotions you have. How to communicate effectively using the energy perspective.

Resource Reading: Effective Relationship Communication EBook.

4: EFFECTIVE RELATIONSHIP COMMUNICATION 2

Creating sacred space to share emotional truths; how to communicate about information, emotions, intuitions, sensations, intentions, preferences, wants, needs, bottom lines, connections & agreements.

Resource Reading: Effective Relationship Communication EBook.

5: RELEASE YOUR FALSE SELF, CLAIM YOUR TRUE SELF

Identify your false self scripts, acts & addictions. Feel & experience your True Self shining through the false self identity that keeps you stuck in the past. Claim your authentic identity, dreams & purpose.

Resource Reading: False Self to True Self EBook.

6: SET UPS, PATTERN MATCHES & SEXUAL INTIMACY

How setting up others as someone from your past affects your relationships; how your dysfunctional family of origin roles & patterns may match others and create relationship problems & conflicts; how sexual intimacy may be achieved despite major obstacles.

Resource Reading: Set Ups, Pattern Matches and Sexual Intimacy EBook.

7: LETTING GO OF THE PAST: FORGIVING SELF & OTHERS

Letting go of past trauma & upset is perhaps most difficult for those who believe that these past experiences define who they are. They don't. Once you recognize a self that's deeper than the experiences that taught you key lessons about yourself and your world, you are free to let go of the baggage that exhausts you. Forgiving then has a new meaning: letting go of your baggage. It's not up to anyone but you.

Resource Reading: Forgiveness Power EBook.