

David Bedrick is Coming to Sydney!

Thursday, September 17, 2015 7:00-9:30pm

FREE
TALK!

THE HEALING PATH

FREE
TALK!

Dragons, Enemies, and Stumbling Blocks

Relief from our symptoms are signs of healing whether they are in our bodies, emotions, or relationships. But our healing path is not always linear, taking us through seeming failures, self-sabotage, and moments of doubt, shame, and despair. Sometimes our bodies get bigger, even when we try to lose weight; sometimes our physical health cycles from worse to better and worse again; sometimes our most difficult feelings return, seemingly unmoved by our efforts and intentions; and sometimes our relationships cycle through stages of tension and conflict.

To hold who we truly are and care for ourselves, we need a perspective that creates less of a sense of shame and failure when we suffer, and more of a sense of hope, deep understanding, and self-love.

We will consider:

- The suffering caused by a “fix” mentality
- The circuitous path healing often takes
- The beauty, power, and wisdom in our resistance to getting better
- How to hold our healing efforts and hopes with greater love



David Bedrick, JD, Dipl. PW • Teacher, counselor and attorney • Faculty of the Process Work Institute in Oregon, the International School of Process Work in Warsaw and spent 8 years on the faculty of the Univ. of Phoenix • Author of *Talking Back to Dr. Phil: Alternatives to Mainstream Psychology* • Expert on shame, diets and body image, diversity, dreams, and new paradigms in psychology • Writes for *Psychology Today* and *The Huffington Post* and counsels people internationally.

www.talkingbacktodrphil.com

Proudly Presented by The Homeopathic Coach

Free Talk; pre-registration appreciated

Location: The Intuitive Well, 1/70 Bronte Rd, Bondi Junction, Sydney, NSW 2022
Go to www.thehomeopathiccoach.com/events for more details and registration