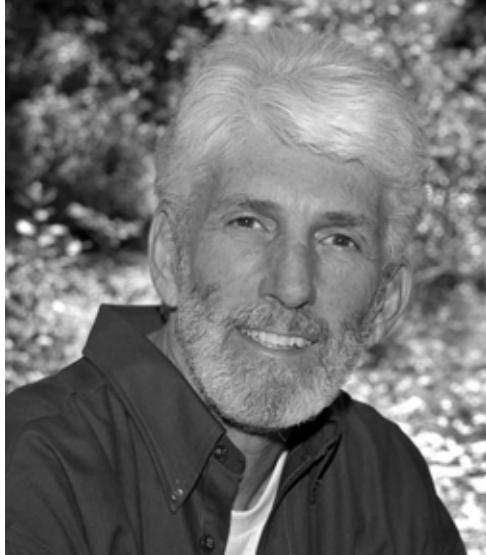


A two-day workshop for adults who want to consciously manifest:

Advanced Self-Healing

March 14-15, 2010 with Jon Bredal, M.A.

Emmanuel Episcopal Church, 315 W. Center, Hastings, MI 49058



Jon Bredal

Experience a step-by-step approach that will help you manifest your deepest desires and live in peace with others.

Join us in this playful, heart-centered workshop and learn a process you can use by yourself, that will assist you empowering yourself to manifest your deepest desires.

Learn a step-by-step process that will help you:

Clear negative, subconscious beliefs

Manifest financial resources

Improve health and well-being

Improve relationships

Transform reactive patterns

Experience positive change

Bring joy into everyday living

Live with love within your heart

You will only take part in what feels comfortable for you. This will allow you to relax and learn what comes naturally. In a stress-free, playful way, you will learn a proven method to powerfully and systematically change old, negative, life patterns. Through the power of integrative movement, connection with inner children, healing sound, music and color, as well as the feeling and acceptance of emotions, you will learn a practical method that you can use to gain mastery in your everyday life. Jon Bredal, MA

Course Description - Advanced Self-Healing

Jon Bredal, MA, is a master at transforming subconscious belief patterns that keep us locked in recurring struggle. When we hold negative belief patterns in our emotional body, we are unable to manifest the life experience of joy, love and abundance. In a safe, loving, playful environment, Jon will give you an effective self-healing process that will assist you in clearing unconscious beliefs, healing your heart, consciously manifesting what you desire and reclaiming your authentic power. Through the power of awareness, intention, integrative movement, sound, color and emotional presence, he will lead you on a journey of clearing resistance to giving and receiving in balance. You will learn how to become a conscious creator of your life experience.

My Journey – Jon Bredal, MA

In my own life, I experienced recurring difficulty and struggle. This was frustrating, since I worked hard, had much to offer and have been a positive person. However, this was not enough. A major goal in my life has been to create an effective process, which would assist me in dissolving negative patterns, get clear energetically and create, in alignment with my soul, what I have wanted to experience day-to-day.

I learned from quantum physics and native wisdom that we continually manifest our everyday experience through the belief energy we put out twenty-four hours a day, flowing mostly from our chakras and emotional body, which then interfaces with the quantum field to create our reality. Most people are unaware of this, but it goes on regardless, often creating hardship and pain. I knew that the negative, belief energy I was holding on a deep level was responsible for creating the negative experiences in my life. Although I experienced much that was positive, I manifested repetitive patterns of loss, struggle, depression, and frustration.

I created a process of consistently transforming self-destructive, emotional beliefs hidden deep within me. My daily experience gave me plenty of opportunity. I have been consistent and focused in applying this method. I saw so-called negative experiences as an opportunity to clear old, reactive, belief energy. I received wonderful help from many sources, both seen and unseen. I knew that eventually I would get clear enough to demonstrate the effectiveness of the process. And that is exactly what happened. In fact, I knew precisely when the turning point occurred. I was happy, excited and extremely grateful. Then, I began giving and receiving in balance, experiencing prosperity, wonderful health and loving relationships.

When this occurred, I shared the process with family and friends. Then, without trying to create a workshop based on this experience, people began asking me to teach the process. I felt confident in doing this, since I had applied it, experienced its results and knew I could give this gift to others. Others have taught how to manifest through visualization and feeling, but few have offered a practical method to clear the belief energy that blocks us from consistently manifesting what we desire. This is the missing piece for many people.

Advanced Self Healing

February 14-15, 2010 Sunday, 1:30 to 6pm Monday, 9:30am to 5pm \$145: Individuals \$250: Couples

Name(s) (print) _____ Phone (c) _____

Phone (h) _____ Email _____ \$ _____ \$50 individuals \$ _____ \$100 couples

Address _____ City _____ State/Province _____ Zip Code _____

To register, make deposit out to Amy Cherry and send to: Amy Cherry, 224 S. Washington St., Hastings, MI 49058
269-945-4568 amychry@sbcglobal.net Details will be provided post registration. Deposits are non-refundable.