



Awakening Awareness

A Transformative 3-Day WORKSHOP

Learn how to:

- Reclaim and empower your **Authentic Self**
- Release pain from the past and use emotions for **Empowerment**
- Get to the root of your problems and learn tools to deal with them
- Create a **True Adult** to nurture and protect your **Inner Child**
- Connect with your inherent **Spiritual Power** to provide healing and guidance



Kathleen Brooks, Ph.D. is a personal growth consultant, specializing in integrating psychological and spiritual growth. She holds degrees in psychology, education and music and is an ordained minister with the School of Actualism. With over 50 years of experience in a wide variety of settings, she maintains a private practice where she facilitates groups, performs shamanic energy healing, teaches *Light Alchemy* meditation, and practices Lifespan Integration™. She hosted *Breaking the Conspiracy of Silence*, a web radio show about child sexual abuse, and is the author of **RADICAL INTEGRITY: 21 Ways to Heal Your Inner Child and Create a True Adult** (available on Amazon).

I am committed to creating a new paradigm for being human, one which acknowledges and honors our multi-dimensional nature, balanced and energized by our awareness.

Cost: \$1,200 per person (\$500 non refundable deposit required)
\$2,100 per couple (\$600 non refundable deposit required)

Book Early! Workshops fill up fast and have limited seating.

2017 Monthly Workshops

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|---------------------------------------|------------------------------------|--|
| January 27-29 <i>San Diego, CA</i> | April 21-23 <i>Portland, OR</i> | August 18-20 <i>San Diego, CA</i> |
| February 17-19 <i>Oakland, CA</i> | May 19-21 <i>San Diego, CA</i> | September 15-17 <i>Portland, OR</i> |
| March 17-19 <i>San Diego, CA</i> | June 23-25 <i>Oakland, CA</i> | October 20-22 <i>San Diego, CA</i> |

“It felt so wonderful to speak my truth and to feel heard. It was powerful to witness other people being real. I felt connected to everybody.” – Alice S.

“This workshop awakened my awareness to how profoundly my childhood has affected my relationships as an adult.” – Marcianne G.

For more information or to register:

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