

Awakening Awareness

A Transformative 3-Day Workshop with Dr. Kathleen Brooks



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, she maintains a private practice where she facilitates groups, does 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 educating about a new paradigm for being human, one which acknowledges and honors our multi-dimensional nature, balanced and energized by our awareness. This workshop addresses the causes (not just the symptoms) of human suffering.

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**

“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.” – A.S., Portland

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

2019 Workshops at Marina Village in San Diego:
May 17 – 19 & October 11 – 13

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

Book early! Workshops take a maximum of 8 people.

For more information or to register:

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