



MINSHIFTERS AND FORGIVENESS SUPPORT GROUP

Tuesdays - 7:00 pm-9:00 pm
February 7 to March 13, 2012
Unity of St. Petersburg – Room 202
(2nd Floor above Fellowship Hall)

Facilitated by Marie-Josée Garceau, a Certified Teacher from the Heartland Aramaic Mission directed by Dr. Michael Ryce.

Marie-Josée is a follower of the spiritual teachings of Dr. Ryce for several years and has attended his intensive retreats, seminars and teaching certification courses. She has also attended the classes of Dr. Linda Wells, Psychotherapist, and occasionally replaced her as substitute teacher. She is presently attending the Canfield Institute to obtain her Master Coaching Certification in the areas of business and personal empowerment. On a business level, Marie-Josée is a MBA and a commercial Real Estate Broker with over 25 years of experience. She has been living in Florida since 1995.

The **MINDSHIFTER** and **FORGIVENESS** weekly support group will cover the following topics (time permitting) and help attendants with healing by providing several hands-on tools offered at each session

Topics covered:

1. **Why is this Happening to Me AGAIN?** Exploring human possibilities using the inner principles of Forgiveness, Responsibility, Perception Shifting and Personal empowerment. Tools are presented to end recurring life patterns and consciously recreating your life.
2. **Responsibility Communication:** Tools to open many doors to resolve issues; free up creativity and bring higher levels of aliveness in our day-to-day relationships with others.
3. **Creating Consciously – A Doorway to Abundance:** Attitudes we hold create our conditions in life. We explore a dynamic process for getting clear on what you need to let go of and what you don't.
4. **Healing Through Relationships:** Forming practical relationships that nurture and heal rather than reinforcing conflict.
5. **Purpose, Personal Power and Commitment:** Align thought, spiritual awareness and commitment in a way that supports personal power and brings insights and clarity to your life's purpose.
6. **Empowered to Heal:** Sound life/mind management tools to empower you in your self-healing process.
7. **Opening the Energy Field:** Aligning and opening the body's antenna to provide greater energy flow, profound relaxation and to enhance your ability to release and let go.
8. **Mindshifters and Stillpoint Breathing:** Exercises to access deep unconscious dynamics, uncover past conditioning and remove limiting realities through gentle self-help tools leading to connectedness, self-acceptance and deepened serenity.
9. **"Live-It Diet":** Live food diet explained in order to achieve nutritional vitality and reap the maximum benefits of your spiritual awakening while optimizing the health of your body.
10. **Co-dependence to Inter-Dependence:** Uncover the cause of addiction. Identify and heal your Power Person issues at the root of your personality and the reality formation systems you experience in your life.
11. **Laws of Living:** Summarization of all previous teachings synthesizing and integrating the fields of law, science, neuro-psychology, nutrition and theology (especially from the Ancient Aramaic language and culture) to identify the source of fear, anger, depression and guilt with tools for healing those destructive stresses.

A \$10 offering per class is welcome to cover the cost of the material. All are welcome to give whatever they can.

INFORMATION: Marie-Josée Garceau, facilitator – (941) 776-7465 – mjgarceau@gmail.com

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