



*Join us for another Learning Love weekend
with Tabish Roncucci on
**Saturday 14 and Sunday 15 September .
“An Exploration and Healing of a Basic
Childhood Wound”***

One of the major wounds that most of us carry inside is a deep feeling of unworthiness and inadequacy. We can feel this wound in different aspects of our life - such as in our creativity, our sexuality, our physical appearance or our sensitivity. But most often, we feel it as a general feeling that we are just not enough - that there is something basically wrong with us. This wound is called shame.

We usually attempt to run away from our shame by covering it up and pretending to ourselves and to others that we are okay. We push, dress up, fix ourselves - anything to convince ourselves that we can "make it". Often we may go the other direction and collapse with insecurity and feelings of failure. Either way, our life becomes a constant struggle. And when we see the world from our shame, it appears to be a hostile place where we have to fight and compete to survive.

The healing of shame has two basic aspects, both of which will be explored in the workshop. The first is entering into it with awareness as if we are entering into our wounded child to understand and feel it totally. The second is learning to take small risks to overcome the negative self-image that comes with shame and to help us discover our essential self.

This workshop guides you into a deeper appreciation and understanding of yourself and your life and provides you with tools to begin healing this shame.

Place: Transforming Lives - Articom - rte de Divonne 48 - 1st Fl - 1260 Nyon

Time: 10hr – 17hr30 with an independent lunch break

Cost: 200 Chf or 160 Euros

RSVP: Kamy at 078 829 07 30 or klavanchy@transforminglives.ch

More info: www.learningloveinstitute.com