

DRAWING YOURSELF OUT – Re-parenting the child within

Course description

Access your inner wisdom and draw out hidden emotions. Get to know and understand the child within that is responsible for your current life patterns.

Re-parenting is to support, nurture and love the 'inner' child. It does not matter how adequate or inadequate the original parenting had been. This process enables you to provide all the unconditional love and acceptance the inner child had been yearning for.

Methodology involves drawing and dialogue between the dominant and non-dominant hand to facilitate the flow of emotions. While the literate, dominant hand readily connects with thoughts and keeps pace with them, the non-dominant hand which is illiterate and unable to keep pace with them, gives up and connects with feelings.

The drawing and dialogue between the two hands enables an interaction between the mind and the heart, allowing feelings to surface and get processed in a healthy manner.

Course outline

Connect with the family of characters within oneself.

Meet and identify the needs of the inner child.

Nurture the child and all of oneself.

Meet and dialogue with mother and father principle.

Integrate parental principles, leading to success in career and healthy relationships.

Love and accept oneself as a whole.

Duration of the course is 6 hours.

For more information and registration please contact 98402 92523, or you can email glsworkshops@yahoo.co.in