

The Work of Byron Katie 'End the War inside Yourself'

Facilitated by Rosie Stave



Sat. 28th & Sun. 29th January 2012

Question your thinking and change your life.

"People should be kinder; I'm too fat; he/she doesn't appreciate me; the world is not safe, something's wrong with me."

Thoughts like these may constantly run through our minds, fostering fear, anger, struggle, stress, and depression. We live in a constant state of internal war. How different would your life be if you couldn't believe these thoughts again? No longer do we need to war with life or ourselves... we can love what is instead.

Experience practical exercises that challenge habitual & destructive thought patterns to find freedom and peace.

- ♥ **Inquire** into issues on health, relationships, work, family, finances and the world etc.
- ♥ **Discover & transform** unhelpful beliefs with 'The Work' a simple yet profound method of finding happiness
- ♥ **Discover** the simplicity of dissolving your struggle.
- ♥ **Experience** the **freedom** of **you**, without your story.

Byron Bay
Suffolk Park

9.30 – 5.30 BYO
Lunch to Share

\$250
Early Bird \$220 pay
by 20th January

Places limited
booking essential

"The worst thing that has ever happened is an uninvestigated thought." Byron Katie

**"Byron Katie's Work
is a great blessing
for our planet."
Eckhart Tolle, author
of 'A New Earth'**

About Rosie

Rosie Stave is a Certified Facilitator of The Work of Byron Katie. She has offered The Work and facilitated individuals and groups since 1996. The freedom The Work has created in Rosie's life and the lives of others, fuels her continued passion for this gift and her sharing of it. Come join her in discovering your own wisdom and truth. Come and share in the experience of learning to "Love What Is" and end the war inside yourself.



For bookings / info contact: **Kevala 02 6684 1783**
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For more information about The Work: www.thework.com or www.theworkwithrosie.com
In preparation read 'Loving What Is' by Byron Katie. Repeat participants \$190.

**Early Bird
* \$220**