

The Work of Byron Katie 'Free Yourself in Relationships'

Facilitated by Rosie Stave



Sat. 13th & Sun. 14th February 2010

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." Thoughts like these may constantly run through our minds, fostering fear, anger, struggle, stress, and depression. How different would your life be if these thoughts never bothered you again? No longer do we need to argue with life or ourselves... we can **"love what is"** instead.

- ♥ **Inquire** into all aspects of issues on relationship – work, family, the world and yourself.
- ♥ **Experience** practical exercises that challenge habitual & destructive thought patterns to find freedom and peace.
- ♥ **Discover & transform** unhelpful beliefs with 'The Work' a simple yet profound method of finding happiness
- ♥ **Discover** the simplicity of dissolving your struggle with life.
- ♥ **Experience** the **freedom** of you, without your story.

**Fern Tree
Community
Centre**

**9.30 – 5.30 BYO
Lunch to Share**

**\$240
Early Bird \$210 pay
by 29th 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 Free yourself in your Relationships.



For bookings / info contact: **Ruth Howard - 03 6224 5419,
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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
* \$210**