

Volume 2 Issue 7

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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge

Talk and Book Signing with Joel Brass

Please join Joel at Banyen Books for an intimate evening as he shares excerpts from his book and the journey to healing your relationship with yourself.

Question and Answer period to follow after the reading.

Date: Thursday April 8, 2010

Time: 7pm to 8:30pm

Where: Banyen Books and Sound

Address: 3608 West 4th Avenue,
Vancouver, BC

HEALING YOUR RELATIONSHIP
WITH YOURSELF

End Inner Conflict by
Developing a Harmonious Inner Family



By

Joel Brass

Stories of Clients' Benefits

Here are some clients' stories of the benefits they are deriving from working with Joel and healing their relationship with themselves by using the Inner Family model:

"Inner Family Work has given me the courage to seek out a healthy relationship, commit to it and stay committed to it. Because of this work I have experienced a deeper, more profound and healthy love in my relationship with my partner, and this love has produced an even greater and more profound gift of love in the birth of my daughter. It would not be exaggerating to say the results have been life changing."

G.G., Television Producer/Director

"Inner Family Work with Joel has allowed me to make emotional sense of what has happened in my life and especially in my relationships – the patterns and behaviours that exist and where they come from and how they keep me from experiencing the love and intimacy I desire. This greater awareness has been a first step towards addressing these issues and taking control of the quality of my life. I've already experienced a significant improvement and sense of peace in various areas of life including work and relationships."

Amy, marketing

“Finally, after years of searching, Joel’s Inner Family work has provided me a way out of my own living hell of pain, fear and depression. This gentle way of identifying my own supports has improved all aspects of my life. I am finally free to be me in this world.”

Sherrie Egerton, registered psychiatric nurse

“Reconnecting to the child within me (through my Inner Family Work with Joel) gave me an unexpected gift recently. I had been helping to nurse my terminally ill father in the last few days of his life. Joel had suggested that I check in with my inner child to see if there was anything she needed from her dad before he passed. I hadn’t given this much thought – but gave in to a sudden urge to go to his bedside and lay my head on his chest. In that moment I felt that I was coming to him as his little girl instead of as the caregiver that I had been all week. He was my dad and I needed to restore my rightful relationship as his daughter and just be close to him. He passed peacefully away later the same evening and I treasure those last few moments with him.”

Jane

“ Inner Family Work is a foreign concept to most East Indian families. Especially when we are taught as part of our culture to not express feelings and to hide from any negativity. I’ve come to do Joel’s work for the last three years and have felt an incredible sense of relief in telling my truth. The concept of an aggressive/defensive ego, inner child, spiritual consciousness and the adult was the first I had heard, but felt an immediate connection to the truth. The work (for me) is incredibly hard but I know that it’s the only thing that will guide me to a more peaceful life.”

Reena

“Inner Family Work has given me a greater awareness of myself and how I look at myself and others in my life. This process is and has helped me become a better person all around. My being able to identify issues or situations in my life and deal with them much sooner and deal with them as the adult I am, as opposed to the child or aggressive / defensive ego. I am very thankful for being able to learn this process.”

M.G., electrician

“Inner Family Work has for the first time in my life helped me to understand my life emotionally – to make sense of the behaviours that have controlled who I am in the world. I have known for a while intellectually why certain things played out in my life, but never actually felt those things. This work has taken me down the path of feeling my life. The gift of Inner Family Work is narrowing the gap between my head and heart and is inspirational in the possibilities for a life of peace and love.”

Barb Kalashnikov

“Inner Family Work rocks. It really shakes things loose and it’s a great way to build a loving self.”

J.C.W.

“Inner Family Work has given me an ability to recognize the real meaning of love, commitment, choice and peace and both the capacity and the courage to embark on the journey to find them. It has shown me that suffering does not equal love and that suffering is a choice. Each day, if I continue to do the work, I feel closer to achieving love and breaking out of the process of love addiction that has debilitated my life. I hate the work but it works.”

J.A., Designer

“Working with discovering and healing my Inner Family doesn’t mean I have multiple personalities or am schizophrenic. It more relates to four interior consciousnesses that I live with everyday. My ego, inner child, spirit and adult all play a part in my daily walk, some more than others. My work, with Joel’s guidance and support, is how to heal the Inner Family such that we do “the walk” in harmony.”

Carol-Ann

“The result of a child becoming dulled to pain is that access to the truth about herself will be denied her all the days of her life.”

Alice Miller

*For Your Own Good: Hidden Cruelties In
Child-Rearing Practices*

For me, this Inner Family model is about unpacking everything Alice Miller says in the quote above. First this work helped me realize that: a) I had experienced pain and b) that it had been significantly dulled. Becoming aware of these facts and processing it in various ways has made me feel closer to TRUTH (mine, humanity’s, the truth of my relationship, etc.) than I have or could ever get to on my own. For that alone, I am grateful.

Carmen S.

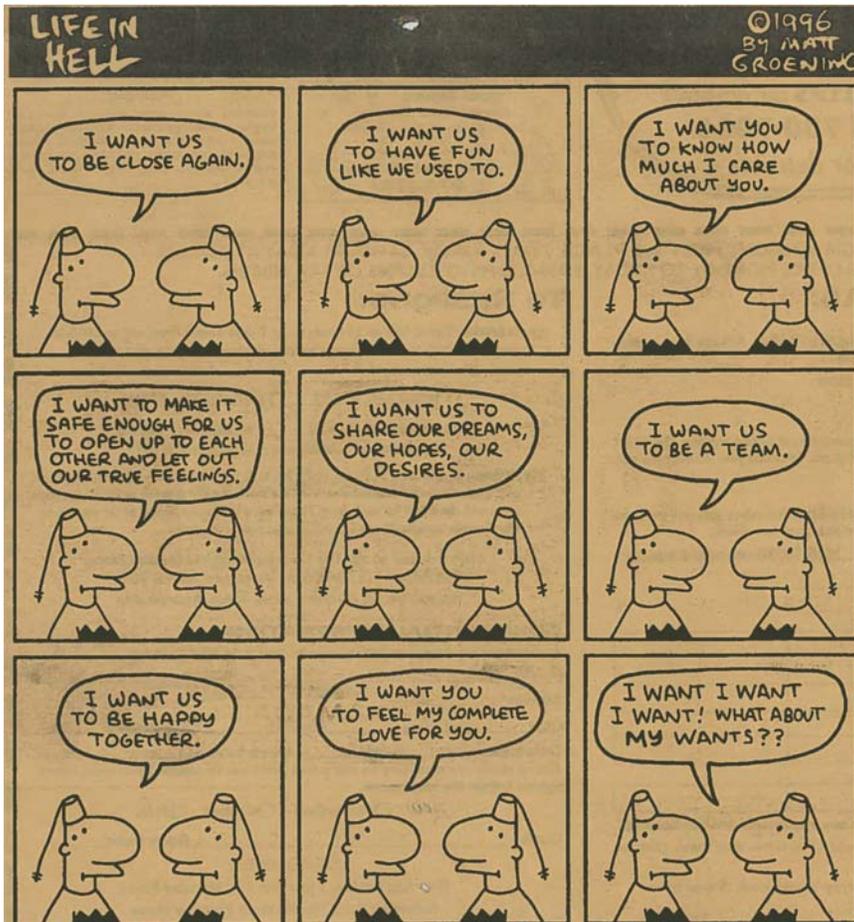
“ The biggest benefit I have derived from Inner Family Work is having a better understanding of how my childhood has shaped my entire life. All decisions, actions and reactions are a result of growing up in a family of conflict. I have now been able to recognize when my aggressive/defensive ego is running my life and either make the choice to do something about it or not. Everything in my life has been my choice from where I live to the people I allow in my life.”

retail buyer

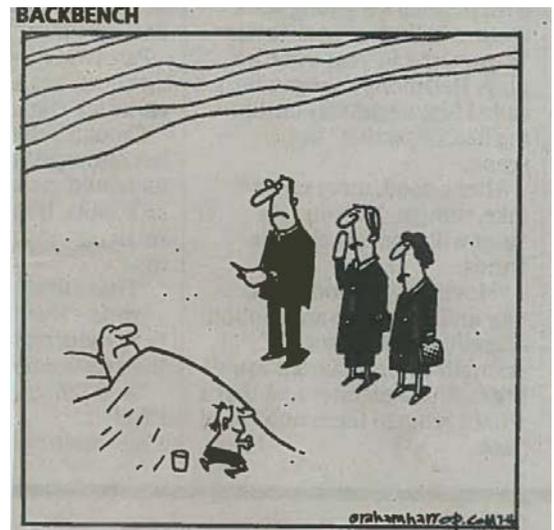
“Over the past year, doing the workshops on the inner child and relationships, I have come to recognize the voices and feelings of my Inner Family. This work has started to help me make sense of the confusion, conflict and the hunger for a calm and peace inside me that I have never felt before.”

*Tina, HR, Career & Employment Consulting;
Training and Coaching*

Many thanks to all of above people for their courage in sharing their healing journeys publicly.



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Initially, Bob had embraced the idea of being buried in the sand, but the appearance of a priest and several mourners caused him to reconsider.

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