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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge



## *The Invitation*

Oriah Mountain Dreamer  
Canadian Teacher and Author

*It doesn't interest me what you do for a living  
I want to know what you ache for  
and if you dare to dream of meeting your heart's longing.*

*It doesn't interest me how old you are  
I want to know if you will risk looking like a fool  
for love  
for your dreams  
for the adventure of being alive.*

*It doesn't interest me what planets are squaring your moon...  
I want to know if you have touched the center of your own sorrow  
if you have been opened by life's betrayals  
or have become shrivelled and closed  
from fear of further pain.*

*I want to know if you can sit with pain  
mine or your own  
without moving to hide it  
or fade it  
or fix it.*

*I want to know if you can be with joy  
mine or your own  
if you can dance with wildness  
and let the ecstasy fill you to the tips of your  
fingers and toes  
without cautioning us to  
be careful  
be realistic  
to remember the limitations of being human.*

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*It doesn't interest me if the story you are telling me  
is true.*

*I want to know if you can  
disappoint another  
to be true to yourself.*

*If you can bear the accusation of betrayal  
and not betray your own soul.*

*If you can be faithless  
and therefore trustworthy.*

*I want to know if you can see Beauty  
even when it is not pretty  
every day.*

*And if you can source your own life  
from its presence.*

*I want to know if you can live with failure  
yours and mine*

*and still stand on the edge of the lake  
and shout to the silver of the full moon,  
"Yes."*

*It doesn't interest me  
to know where you live or how much money you have.*

*I want to know if you can get up  
after a night of grief and despair  
weary and bruised to the bone  
and do what needs to be done  
to feed the children.*

*It doesn't interest me who you know  
or how you came to be here.*

*I want to know if you will stand  
in the center of the fire  
with me  
and not shrink back.*

*It doesn't interest me where or what or with whom  
you have studied.*

*I want to know what sustains you  
from the inside  
when all else falls away.*

*I want to know if you can be alone  
with yourself  
and if you truly like the company you keep  
in the empty moments.*

# **DOWN THE RABBIT HOLE :**

## **FOLLOWING OUR SYMPTOMS, WOUNDS AND REPETITIVE ISSUES TO THEIR SOURCE FOR HEALING**

### **A One Year Program**

“We carry more emotional pain than we know. We carry more emotional pain than we can conceive of.”

It's in our bodies. It's in our minds. It's in our stress levels. It's in our dreams. It's in our relationships with each other. The emotional pain that we carry must find some screen upon which to project its shadows; some compartment of our psyches and souls into which it must be dispatched. Like the ignored and dusty boxes we store in the basement of our homes, we try to make sure that their contents do not invade the sanctity of our living space by straining to maintain our “conscious” residence.

This One Year Program is for those individuals who have grown exhausted or despondent in their efforts to avoid that which emotionally has already been accumulated and boxed up within them. With unparalleled support and sometimes gentle and sometimes rigorous guidance, participants will begin to track, explore and release the emotional pain of their lives - the pain which lies behind, beneath and around their symptoms, wounds and repetitive, self-defeating issues.

The fundamental principles of this inner work can be stated as follows:

- “You can't heal what you can't feel”
- “ You can't feel what you deny is real.”
- “The way out is the way in.”
- “What you resist, will persist.”
- “Feelings have never killed anybody. Repressing them have caused many to lose their lives.”

Invariably many of the shadows and emotional pain circuits that we are enslaved by are the results of wounds incurred in our family of origin or during those early years when we were abjectly vulnerable and defenseless. Learning how to truly become a nurturing and committed inner parent for the child or adolescent who still lives inside you will be the path and irrefutable sign that your deepest emotional healing is taking place.

**FORMAT:**            **6 experientially-based weekend workshops spaced approximately 2 months apart beginning in April, 2013; buddy system; weekly support group meetings (highly recommended)**

**COST:**              **\$1650 + G.S.T. (payable over the course of the year)**

# UPCOMING WEEKEND SEMINAR

## HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- addictions
- family strife
- low self-esteem
- depression
- eating and sleep disorders

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

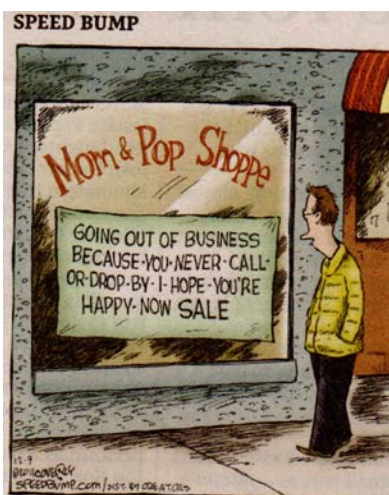
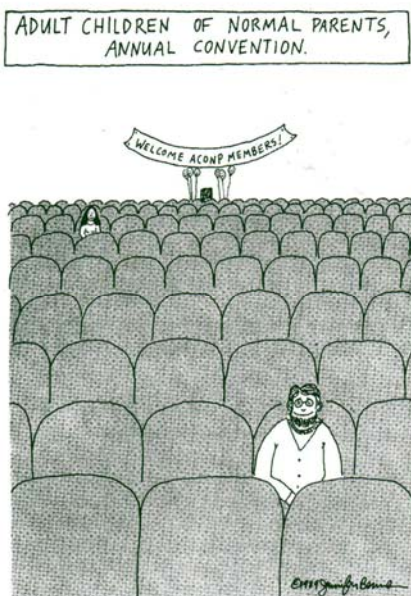
This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

### DATES:

**SATURDAY, FEB. 23, 2013**  
**SUNDAY, FEB. 24, 2013**

**COST: \$275.00 per person + H.S.T.**  
**(deferred payment plan available)**

**bursaries available to those in financial need**



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