

# Phoenix Rising

Australia

“Within the heart of every moment lies the seed of a new beginning” - Graeme O’Brien

freedom



Awareness

Knowledge



Opportunity



## TOTAL FREEDOM LIVE-IN WORKSHOPS

A Profound Adventure of Self-Discovery and Personal Growth

“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.” – Mark Twain

An amazing opportunity to spend an extended period of time with Graeme and Gayle O’Brien, while expanding the quality of your life, with new levels of awareness and aliveness.

The huge advantage of this week-long live-in workshop is that you can completely focus and go a little bit deeper and deeper each day exploring, revealing, realizing, and resolving issues. You spend time with other like-minded people in the group with whom you can share realizations, make great new connections, understand yourself and others more clearly, improve communication and talk about what you’ve learned.

Take a moment to answer this question.

“What would it feel like to begin to release negative feelings and judgments about yourself and others?

It IS possible. If you’d like to find out, this workshop is for you.

Graeme and Gayle believe that inside every one of us is the innate ability to heal. We just need the time and support to allow that to happen naturally. Often, that was exactly what was missing at the time unresolved events happened ~ no time or support to make sense of, or integrate and resolve what happened.

During the week you'll have all the time and support you need to completely and safely explore and release any thoughts, feelings, and beliefs that no longer serve you. All done in small manageable pieces, with your full awareness and understanding.

We will gently take you back to the original event where that feeling or judgment began. You will be supported to release old patterns while gaining valuable tools, which can be used to maintain and continue your growth.

Contact information:

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