

## ADVANCED INTEGRATION WORKSHOP

### For Accelerated Personal Growth

### Here's what you will learn at the workshop

#### Rapport

You will learn how to create a deep sense of *trust* and *safety* with others, making the facilitation of change easier and more comfortable than ever before. You will use a powerful process to create a whole-brained state when communicating with others both verbally and non-verbally.

#### Belief Points

You will learn *12 points* on the body that are derived from ancient acupuncture. They represent key beliefs that give us valuable information about how we are limiting ourselves. When these points are combined with Energy Focusing, these subconscious beliefs can be accessed and changed in a matter of seconds.

#### Energy Focusing

A safe and effective process that allows you to *focus energy* to a Belief Point in order to change subconscious beliefs quickly and easily.

#### Surrogation

A process that allows you to help others who can't be there in person, such as humans and animals and also inanimate objects.

#### Core Belief Balance

The balance aligns 13 *Core Beliefs* that support the manifestation of your full potential in life. It is frequently a profound alignment process that prepares the mind/

#### Relationship Balance

This balance will help you transform personal issues with others, and better understand the lessons to be learned in relationships. It will provide a clearer perspective on the value of relationships between parents and children, siblings, coworkers, spouses, friends and lovers.

#### Life Bonding Balance

The *trauma of birth* and the *fear of death* are two powerful aspects of human life. This balance utilizes breath as a means of re-programming any negative impact of these influences in our lives.

**For more information and to book your place, please contact:**

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**[www.yearning4learning.co.uk](http://www.yearning4learning.co.uk)**

#### 2017 Dates

**Cost: £700 full price/£625 if paid one month before the workshop.**

**February 2nd - 5th Leeds**

**April 6th - 9th London**

**July 13th - 16th London**

**October 26th - 29th Cardiff**



# In More Detail

At this level, we move away from having to consciously work out what beliefs we need to change and we work much more with the Superconscious Mind / Higher Self. You will learn how to communicate directly with your superconscious mind to identify what is blocking you at the deeper level - usually the level that we just can't access with our conscious mind. This in itself can create a speed up of the changes we want to manifest in our lives. We also introduce and work with the concept of limiting beliefs within the Balances more than before.

## **RAPPORT BALANCE - Language Preference Balance and Non-Verbal Balance**

You will identify the subconscious blocks that may be preventing you from having clear communication with others. For example, if you have auditory stress, you may not enjoy speaking to people on the phone or if you have visual stress, you may not like to read and reply to emails or look people in the eye when talking to them and if you have kinaesthetic stress, you may be uncomfortable being tactile with others. There are many more examples of this and, in the Balance, we ensure that we are whole brained when listening to and speaking to others, regardless of their primary sensory modality. This can have a great knock on effect for relationships and client work etc.

We then go to test whether we are whole brained or experiencing subconscious stress and inner conflict when being in rapport and out of rapport with others. This is a really fun and very often surprising Balance to do.

## **BELIEF POINTS**

In life, we come across every day challenges and Belief Points can provide information about what issues are underlying such challenges.

There are 12 Belief Points on the body and there are many different ways we can use them. Firstly, you might be working with a specific belief statement, such as 'I love myself' and Belief Points may be the Balance used to change that belief. You will be able to identify what other beliefs you have subconsciously that are connected to you not loving yourself, and the magic is that you don't have to work it out yourself. It's all done for you! So, connected to the belief that you don't love yourself might be a limiting belief about self worth, or unconditional love and the Belief Points will identify this.

Secondly, you can have a specific intention and use Belief Points to Balance any blocks you might have to manifesting your intention. Your intention could be anything from money, relationships and health to self esteem and anything in between and beyond.

Thirdly, you can ask your higher self to choose a goal that is in your best and highest interest to balance for right now. You don't have to know what the goal is, as this is about allowing your higher self to choose it. Whatever you need to Balance for in that moment will be revealed through the Belief Points. It's great to do in the morning when you wake up to help you have the best day you can.

## **TEAL ACTIVATION CIRCLE**

This is a meditation and activation ceremony which connects you to the Teal energy that represents PSYCH-K and stands for unconditional love in PSYCH-K. After the activation, you will be able to access the specific teal energy anytime and anywhere.

## **ENERGY FOCUSING**

Here, you will bring together Belief Points and the Teal energy to complete the Belief Points with Energy Focusing Balance to make quick and profound changes and also learn what the deeper blocks are that have prevented you from really moving on in your lives.

## **SURROGATION**

This isn't a Balance, but a very sacred process that allows you to work on behalf of something or someone else who can't be present. This could be a person, an animal, a palace, an object or anything you can name.

## **CORE BELIEF BALANCE**

This is what I call the first of the 'big' Balances. Here you have the opportunity to literally see your life according to the Core Beliefs you hold. This balance is done lying down, while you muscle test 13 pairs of core beliefs, such as 'I deserve to be happy / I deserve to be unhappy', 'I want to live / I want to die', 'the universe is a friendly place / the universe is an unfriendly place', etc etc.

Once all of your core beliefs have been balanced, there will be an ecology check to ensure that you have integrated your new set of beliefs internally, within yourself and also externally, so you are aligned to go out into the world with your new set of beliefs. The Core Belief Balance can bring about profound change.

## **RELATIONSHIP BALANCE**

Have you ever tried to get along with someone, but just can't seem to create the relationship you want. It could be in an intimate relationship, with a friend, family member, work colleague or boss, or even a pet. If we move on from that relationship but haven't resolved the issues, then we will continue to repeat those patterns in other relationships until we learn the lessons. This can be time consuming, challenging and often stressful and upsetting.

The Relationship Balance uses Belief Points to identify which 'hot' buttons are being pushed in the relationship and what lessons need to be learned. Once these lessons have been learned, we can make a decision about the relationship from a whole brained perspective, whether that be to remain in the relationship or move on.

A beautiful bonding process is then done where both partners choose what they want to hear from the other and this is a short positively intended statement.

The Relationship Balance is often done with one person standing in as a surrogate for a 'relevant other' or 'thing'.

You can do a Relationship Balance with a person who is alive or who has passed on and unresolved issues have been left outstanding, animals, money, health, you can even do a Relationship Balance with yourself.

## **LIFE BONDING BALANCE**

This is a Balance that utilises breath as a means of Balancing any subconscious trauma from birth and/or fear of death we may have and can be a lovely balance to do. It is also the easiest and most straightforward Balance to facilitate out of all of the Balances - Basic and Advanced.

