

Clearing the Self

With Eric Dowsett in Amsterdam

Saturday July 26th - Sunday July 27th,

09.30 - 17.30

€265



“Life is what you make it”

A Workshop
With
in Amsterdam



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Final beneficiary	Eric Dowsett	IBAN	IBAN GB94 BARC 202675 73122922
Account number	73122922	SWIFT Code / BIC	BARCGB22
Sort Number	202675		

Beneficiary's billing address: 770 1/2 Belmont Place East, Seattle, WA 98109, USA
Beneficiary's bank - Barclays International, Eagle Court, Circular Road, Douglas, Isle of Man, IM99 1 RH, United Kingdom

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Clearing the Self

On opportunity to change on a cellular level.

Recognise why you are who you believe yourself to be,
see how you continue to support that belief on a
sub-conscious level and learn how to step outside
of your past and create a new future.

July 26th - July 27th, 2008

Eric Dowsett, author of “The Moment That Matters” and “Loving Who Shows Up” has spent the last 18 years teaching practical and empowering ways to be in the moment.

His teaching style merges ancient wisdom and modern psychology into 21st Century language. He provides tools and information that can be put to immediate use in your life. Presented in an easy to understand way, his light hearted approach creates a safe environment supporting personal growth and change.

People all over the world have discovered unique, simple and powerful ways to move beyond old patterns and return to being in the moment, join us and discover the many benefits to this way of being for yourself.

www.ericdowsett.com

There is an old saying "Life is what you make it." How very true! Eric Dowsett's work encourages a greater awareness, understanding and acceptance of the self. Eric's experiential workshops offer the participants simple skills that can be adapted in everyday scenarios and situations to help reduce stress and increase self awareness.



Clearing the Self, and, in the process, be available to support those around you in a new and powerful way.

For most of us, caught in a cycle of dealing with old patterns in the same way, we continually re-create situations based upon our own expectations. We may not be doing this consciously, in fact it is more likely that we are operating in automatic, on sub-conscious levels. Our past conditioning, and our continued identification with that conditioning ensures that we keep finding ourselves dealing with life's experiences based on the past. We often find it difficult, if not impossible to respond to situations in new and more appropriate ways because, on a deep, cellular level, we are addicted to things being as they always have been.

As we understand better the forces that create our world, so we are empowered to begin to change that reality. As we recognise that acceptance is the key to change and we learn how to accept life's experiences in a safe and gentle manner we can start to release the energy that has built up around issues and ways of being that hold us prisoners to our past.

This workshop offers a very different way of relating to the world around you, the people you meet and the situations you encounter. By understanding what compassion truly means and how to reach and maintain a compassionate state of being life changes in a deep and sustainable way. When we change and let go of our attachment to certain points of view the change around us manifests effortlessly.

Letting go of the past does not cast you adrift on an aimless journey, instead it allows the future to unfold, and your natural powers of attraction to create a world of inner peace and happiness.

In this workshop you will learn specific skills to:

- Recognise the part you have played in co-creating your manifesting reality, and through this recognition, change the world you live in.
- Safely and gently move out of old conditioning and support others to do the same.
- Find greater inner peace and happiness on your journey through life.

'Clearing the Self'
Amsterdam

for more information or to register contact Juno burger

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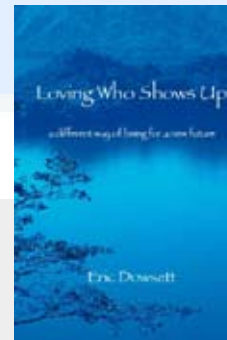
Email: juno@ericdowsett.com

www.ericdowsett.com

Eric Dowsett's latest book 'Loving Who Shows Up' is a powerful teaching based on a personal journey. Its purpose is to help free us from the burden of a past that keeps us pained, narrow, and shut off from our true possibilities. Eric speaks with compassion, deep humility, and insight born from his sensitivity, openness, and willingness to be vulnerable. He expresses the wisdom of the ages in straightforward, non-mystical language, as channeled through his own human experience. The exercises he provides empower the reader to follow his footsteps in self-discovery and self-liberation. Who shows up, if we are willing to learn from Eric, is our true self.

Gabor Maté M.D.

Author of When The Body Says No: Understanding the Stress-Disease Connection.



In 'Loving Who Shows Up' Eric shares his most recent insights and understanding of the reasons why we create the world we live in, how we maintain that reality and what we can do to bring about positive sustainable change. The book contains exercises and used together with the CD's is a powerful tool for change.

€15.00 + p.p

Recorded live at a workshop in Australia, these guided meditations complement the book and will support you on your journey.

€20.00 + p.p



Other Workshops presented by Eric

2008

May 10 - 11

Clearing for Abundance

Mumbai, India

May 24 - 25

Clearing the Space

Mumbai, India

May 30 - 31 Jun 1

Clearing for Abundance

Athens, Greece

June 20 - 21

Clearing the Space

Amsterdam

July 26 - 27

Clearing the Self

Amsterdam

Aug 29 - 31

Advanced 3 Day Program

Amsterdam

Aug/Sept

Various weekend programs

Europe

Oct 25 - Nov 1

The 'Italian' Experience

Tuscany, Italy

Nov

Clearing the Space

Mexico City

Nov/Dec

Various

South America

2009

Aug / Sept The 'Vietnam' Experience, 28 life changing days

Vietnam