

# John McMullin, HC, CHt & Leigh Randolph, HC, MS, DDS

present

Four Day Holistic Workshop in Carlsbad, CA



## February 21 – 24, 2019

10am - 7pm each day

- Changing Habits
- Using Physical Symptoms to Find Holistic Messages of Body Dysfunction
  - Holistic Coaching with Couples
- Negotiating with the Critical Inner Voice

### Thursday: *Changing Habits*

What blocks us from conscious choice of changing dysfunctional habits? If 20% of authority is in the conscious mind and 80% authority resides in the subconscious mind, how do we access the issue rather than the symptom of rigidity? If we associate habits as a tool of hiding from shame and fear of past experiences then we can look at the literal, metaphoric, paradoxical, and creative process to change old beliefs and therefore old habits. Participants will experience changing dysfunctional habits into nurturing behavior.

### Friday: *Using Physical Symptoms to Find Holistic Messages of Body Dysfunction*

Although the ego uses deflective rationalization to hide past wounding, the body will express symbolic messages that invite our mind to explore symptoms. Participants will witness how the body never lies and create opportunities to change pain into compassionate consciousness.

### Saturday: *Holistic Coaching with Couples*

When relationships create anger, shame, fear, and hurt the ego creates the blame game and makes the outside world at fault. What if we could travel from reaction to responding and from emotional attachment to the empathy of connection with self and others? The journey of a relationship invites us to discover how we project childhood experiences onto the outside world. What if we become curious observers rather than critical participants?

### Sunday: *Negotiating with the Critical Inner Voice*

Although many people realize we are far more critical of self than others, perhaps we are still seeking a process to liberate our critical judgments projected onto self and others. How do ego parts benefit from the internal punisher that creates the inferiority complex that we hide through control dramas? Participants in this class will experience the freedom of self respect as opposed to self loathing.

Location: Tamarack Beach Resort and Hotel  
3200 Carlsbad Boulevard  
Carlsbad, California 92008  
760.729.3500

Cost: Thursday, Friday, Saturday, and Sunday – \$700  
(includes 30 minute scheduled phone Coaching session)  
Single Class: \$200 per day  
Time: 10:00am – 7:00pm each day

**Please register by January 20th!!**

Register online at <http://www.journeysowisdom.com/ecommerce/special-events> or contact Bonnie at 614.888.1240.