



TRANSFORMING MIND RELEASING ONESELF

Meeting the Inner Critic

All prisons are mental prisons.
They lock from the inside.
You lock yourself in and
you own the key,
so only you can let yourself out.

John Wareham in
How to Break Out of Prison

Do you hear an inner voice
that tells you everything that is
wrong about you?

Are you constantly depressed
by negative thinking?

Do you feel like your
emotions are out of control?

Would you like greater self-esteem?

Learn proven effective
techniques for transforming
self-sabotaging ways of thinking.

Welcome to the
Mental Self Workshop!

LECTURE :

24 Nov 2006 (Friday) | 7:15 p.m. – 9:45 p.m.
at SAFRA Toa Payoh, Seminar Room (Level 2)
Member \$25, Non-member \$35

WORKSHOP :

25-26 Nov 2006 (Sat, Sun) | 9:30 a.m. – 5:30 p.m.
at Lapis Lazuli Light | \$325

For more information and registration:

Please e-mail: lllsing@singnet.com.sg or call **6337 5183**

(12.30 p.m. – 7 p.m., Tue-Sat)

WORKSHOP FACILITATOR:

Hwee-Meng Tan has a passion for healing and transformation of human consciousness. Her work reflects the principle that the "healer lies within." She blends traditional and innovative ways of healing, gathered from an extensive background in altered states work, energy healing, and various psychotherapeutic disciplines. She is committed to providing participants with a safe and supportive environment for self-exploration and self-awareness.



Organized By:

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