

Truth, Compassion, Humility

Webinar with Sue Garn

Fri April 23 + Sat April 24

7 pm – 9:30 pm Central Europe Daylight Time

Sat Apr 24 8 pm – 10:30 pm Israel Daylight Time

1 pm –3:30 pm US Eastern Daylight Time



What is your truth? How connected are you to your truth...is it deeply rooted in you or are you easily swayed by others? Do you feel fear or anger when confronted by another with a truth different than yours? Do you get defensive? What is your experience? Why?

During this past year, I have experienced many transformative processes on a personal level, as well as within the collective consciousness. People all over the globe were forced to face a reality unknown to our society to a depth new to us all, changing our lives drastically. Each person has had to deal with the challenges...for some manageable, for some overwhelming. For many of us, we could not hide or run away from our deep/est issues. The processes I personally experienced have led me to let go of knowing, let go of trying to have control, thereby allowing myself to fall apart again and again, and then, re-choose, each time, who I am and what my truth is, and create a new way of being and communicating with others whose truth is different than mine.

In contemplating the title for the seminar, Truth, Compassion and Humility, the final inspiration came as the result of a conversation I recently had with a close friend. We have different beliefs regarding issues in the world today which I believe is the source of the extreme polarity that exists in my country. Initially I could energetically feel the significant distance between us. As we each spoke our own truth, we were able to feel compassion for one another, at the same time coming from a place of humility within ourselves, that we can only know our own truth, and that truth is not universal, rather based on each human's individual life experience. When we are humble enough to admit that we can only really know what is true for us, we enable grace, love and compassion to step in, no matter what others believe. In this way we remove the lines of separation and open our hearts to our humanness and to each other.

For people who wish to

- build healthy inner boundaries
- deeply comprehend that the only place for change to occur is inside of us
- experience inner knowledge about one's own unique path on a cellular level
- expand one's realization of the unlimited potential we all have...

... the seminar offers the opportunity to take a step forward.

The approach is the **Judith Amara Method**, and **Sue Garn** is happy to facilitate it with us.

Sue is the daughter of two Holocaust survivors and has been working for 15 years in the realm of self-development and healing on a very deep level. Regarding this issue, she says:

"In my experience I have found that I can only help others by first healing the deep issues within myself, stemming from my early childhood and the family I chose to experience this life with. Surrendering to my experience and allowing that energy to be cleared from my cells, has enabled me to begin to live in the present moment, choosing and re-choosing life, each time with a greater sense of my right to exist in and of itself. Only then are we able to truly have an effect on our outer world."

Please register early, limited space (10 persons).

Contribution for the two webinar evenings: € 90, - to € 130,- gliding scale.

Binding registration: email to Bettina Höldrich, healing-march@gmx.de, healing-march.net.

We are looking forward to this seminar with Sue Garn!