

*Are you afraid of moving forward in life?
Do you find it painful to make decisions?
Does it seem like you are constantly feeling anxious and stressed?
Do you panic when confronted with scary situations?*

If your answer is "Yes" to any of these questions, or if you are simply ready to take the next step on your healing journey, then this workshop is for YOU.



The Art and Practice of Balance: Transcending Fear

An Experiential Workshop

PRESENTED BY

Marge Schneider, Ph.D. & Janet Dang

*The light of God surrounds me;
The love of God enfolds me;
The Power of God protects me;
The Presence of God watches over me;
Wherever I am, God is and all is well!*

Unity Prayer of Protection

The Art and Practice of Balance: Transcending Fear

*“...the secret in handling fear is to move yourself from a position of pain to a position of power.
The fact that you have the fear then becomes irrelevant.”*

From :Feel the Fear and Do It Anyway

By Susan Jeffers

In this workshop you will explore how the stories we tell ourselves, together with our unconscious thoughts and repressed feelings, create and heighten our experience of fear and stress. You will gain an understanding of the mechanics of fear and how to manage it.

Through self-assessment, guided imagery, discussion, movement, ritual, journaling, experiential process and sharing, you will:

- Identify your most powerful fears.*
- Understand how your “scary story” creates your experience.*
- Learn how to tame your inner “chatterbox” so that you can move through your fears.*
- Learn how to feel the fear and do it anyway.*
- Learn several self-calming techniques and awareness practices that will enable you to easily make win/win decisions.*
- Reclaim the power of your authentic self by reconnecting to your deeper essence.*

The workshop is meant to be an experience of healing the heart and spirit as well as a rite of passage into a new way of being—transcending your fear.

Workshop Information

Who Should Attend?

Except by special arrangement, participants are required to have previously attended *The Art and Practice of Balance: Dreaming a New Dream Workshop*.*

*This workshop will be presented April 18-19, 2008.

Registration

The cost for the two days is \$200.00.

If paid in full by March 20th, the cost will be \$175.00.

This includes course materials and lunch on Saturday.

Space is limited, so sign-up early.

For more information or to register contact:

Marge

Phone: 630-443-3622

E-mail: marges6701@aol.com

or

Janet

Phone: 650-814-8345

E-mail: janetdang@sbcglobal.net

The workshop will be held in a private home in Naperville, Illinois. The exact location will be given to you when you register.

Participants will be asked to bring:

A notebook or journal

An open mind

A spirit of adventure

A sense of humor

&

A willingness to stretch yourself just a bit . . .

About the Presenters

Marge Schneider



*Holding an MSW degree from Aurora University and a Ph.D. in Holistic Psychology from the Union Institute, Marge has worked in private practice as a Licensed Clinical Social Worker since 1988. She has studied extensively in the areas of holistic health, spirituality, energy healing and mind-body healing. Marge is a Reiki Master and has received advanced training in shamanism and shamanic healing through the Foundation for Shamanic Studies and the Four Winds Society. She has been facilitating workshops on shamanism and related topics since 1997 and is the author of a book, *Inner Shaman: Journey Through Darkness Into Light*. Marge is currently practicing as a holistic psychotherapist at the Haven Center in St. Charles, Illinois.*

Janet Dang



*Janet Dang is an executive coach and corporate trainer, working with individuals and teams from Cisco Systems, All Tech Technology and Boston Scientific. She is a practicing Shaman, Certified Theta Instructor, Reiki Master and Reconnection Healer. She also has a Double BS in chemistry and computer science. Her chapter in the book, *Einstein's Business*, provides the basis for her breakthrough work with transforming unconscious patterns from sources of limitation to sources of inspiration. Janet lives and works in the San Francisco Bay area.*