

Awakening to Presence

with Michael Fleming
presents

June 2, 3, 4 & 5, 2005
Marquette Island
Hessel, Michigan



"In my perspective, the biggest obstacle to creative change, flow, and movement in our lives is judgment. It is also the greatest block to experiencing our own essence, our true nature as divine being." – Michael Fleming

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Costs:

\$450.00 - includes 3 meals per day, parking, & transportation to island. Accommodations are *free* for the first 10 people making a \$100.00 deposit, before May 15.

Space is limited & accommodations will be on a first come, first serve basis. Check-in begins Wednesday, June the 1st. Classes will start at 10:00 AM each day.

Healing the Judge - Part 1

An experiential workshop on learning to free ourselves from the energetic & physiological effects of self-judgment.

In this first workshop, **Healing the Judge—Part 1**, we will focus our intention on learning to recognize the debilitating energetic and physiological effects on us of *self-judgment*. We will experientially explore how we stay engaged and stuck in our relationship with our inner judge, and learn practical tools to free ourselves from this inner tyrant and liberate our essential, creative flow. In the process, we will also learn and practice how to apply these same principles in setting clear boundaries when others judge us. With these skills, we can restore a sense of playful joy and creative power in our lives.

Judgment freezes, immobilizes, and imprisons our bodymind, effectively keeping us operating like small, helpless children in many areas of our lives. On larger scales, it is the basis of all wars and destructive conflicts. It is the basis of all separation and suffering.

There are three sides or dynamics to the overall problem of judgment in our lives—*we judge ourselves, others judge us, and we judge others*. While interrelated, it is helpful to work with these dynamics independently in order to gain sharper clarity and discrimination with each of them.

In the future, there will be a follow-up workshop, **Healing the Judge—Part 2**, where we will focus our intention on learning how our self-judgment relates to our own judgment of others, and how most of our relationship difficulties are self-created by this process. In this second workshop, we will learn and practice a method of exploration that has endless transformative potential and application in all areas of our lives. We anticipate holding this workshop in September.

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Special arrangements and pricing have been made at *The Spring Lodge & Cottages* for additional accommodations. Call or write Mark for details.