

ADVANCED LIFE TRANSFORMATION

Transitions

7 Day Residential Program



It's a goal we are confident about. Here's why...

- **The programme is facilitated by people who know what they are doing and really care about your healing.**

Our approach brings into play experienced, professional and well-trained therapists. People who have also been challenged in life and have done the genuine inner work themselves, got 'better', therefore have a map on how to help you arrive at the same destination.

- **We use the most effective personal transformation tools currently available.**

We use the most advanced techniques for emotional healing and personal development available in the world today – techniques that are able to penetrate into the unconscious realms of the mind and facilitate at the very foundation of how you think, feel and perceive.

- **We take great care to customise the approach for each individual.**

Our approach is individualised for each participant, even within our group format. We are all individuals at different stages of understanding ourselves and we all have different defence structure mechanisms. We are mindful of this and our team meets twice a day to gauge your progress and to customize our approach to your individual case.

- **We create an environment that will enable you to feel safe enough to undergo deep healing.**

Our approach provides a safe, confidential and non-judgemental environment which, combined with the light-hearted yet sincere approach we have refined, will enable you to go to places within yourself that you would otherwise not be able to reach.

- **This is powerful and unique group work where you receive all the support you need.**

Our standard of care means that we guarantee one experienced facilitator per two participants. Not quite one to one, but probably the nearest thing you will come to it in all the group residential treatments available in Australia.

Transformative
Education
International

Therapy of
the Future.
Now.

Are you ready to feel good again?

Our **goal**, our **passion** and our **capability** is to facilitate an unprecedented change of your emotional and mental experience, and hence a drastic reduction in your depression symptoms.

Techniques we use

Advanced emotional release techniques including Cathartic style Breathwork, Relationship Breathwork, Bioenergetics, Heart Opening techniques and Behavioural Decision Processing.

Core limiting belief processing techniques – stopping the merry-go-round automatic thinking patterns by taking out the root of negative thinking.

Meditation customisation – what *you* need in order to experience the benefits of genuine meditation.

Emotional wellbeing maintenance – including training in 'Integrative breathwork' and dealing with negative emotions.

Physical detox – you will experience how diet and detoxing have a part to play in how you feel.



About the retreat

A 7 day residential programme, held in the healing landscapes of the Hawkesbury River, 1½ hours from Sydney, at an exclusive retreat for utmost privacy and confidentiality.

Nurtured externally by the environment and nurtured internally by macrobiotic vegetarian food, including a 2 to 4 day self-directed organic juice fast.

This is a well-rounded retreat that incorporates the actualization of health and wellbeing on each level – Physical, Emotional, Mental and Spiritual.

What we cover

Themes we cover

Why people find it hard to change

Learn what it truly takes for personal change to occur reliably.

The Depression Solution model

The most up to date paradigm of treatment - this model will help you understand why you have been feeling the way you have and why you have experienced the symptoms of your particular style of depression, including why relapse occurs.

Why people cannot stop their thinking and experience deep meditation

Learn about the psyche and its nature of flux and activity and how to overcome it, from someone who has attained considerable mastery.

Spiritual purifications

Learn what the great Masters use for daily spiritual purification and be initiated into the practice of them.

The truth behind Anxiety and Depression

We help you understand the mechanism behind these two afflictions, and why one often follows the other; so that you can have power over them, not let them keep having power over you.

Permanent resolution of major life issues

We address the key areas of our emotional world which, left unresolved, form the main emotional foundation of Depression and Anxiety. These include:

- **Conscious relationships**

What does it look like to become 'conscious' of unconscious relating dynamics you have left over from your family of origin relationships (mum, dad and siblings). How to break the cycle of automatic conflict and behaviour in present-day adult relationships.

- **Self worth**

If there ever was one main issue that is behind ALL of our other problems it is lack of self worth, and this is one of the primary themes we cover. If we have low self worth we do not value ourselves, we do not love ourselves at the end of the day. Very few people made it through childhood with an intact 'genuine' self-worth. The healing of self worth/self love results in us loving ourselves enough to value the truth of what we have to say; it means valuing our own feelings and boundaries enough to voice them; it means valuing ourselves enough to give ourselves fulfilling relationships on all levels and letting ourselves have financial success. It means valuing ourselves to give ourselves the greatest gift: self love.

- **Life purpose**

How soul level integrity, which means discovering and taking action towards fulfilling your life purpose, results in inner calm and peace.

- **Personal power**

Empowered communication and setting and keeping boundaries....Self love in action.

- **Specific negative events**

The personal early life trauma that may be left unresolved on an emotional level for you. This can be early disconnection from your parents due to a complicated birth, infant hospital stays, lack of emotional nurturing from a parent(s), parental disapproval and parental over-control, sexual abuse, physical abuse/disciplining, schoolyard trauma, parents divorcing or one of many other 'subtle traumas' you may never have connected with, that lies behind your condition.

Jaan Jerabek is now in his 17th year of private practice using breathwork and is an authority on emotional health.

He has been meditating since the age of 14 and facilitating personal development programmes since the age of 20, and so brings extensive personal and professional experience to his work. This has enabled him to refine his formula for deep healing in others.

Jaan creates a space of great safety and support which, combined with his understanding, acceptance and humour, assists people to attain genuine and permanent healing.



Next date 2011

Nov 22 - 28

Early Bird payments apply so
Call **1300 500 881** for
bookings / information

Among all the available personal transformation retreats, TEI's Advanced Life Transformation 'Transitions' residential is unique.



www.thedepressionsolution.com

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Education
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**Therapy of
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Now.**

www.teinternational.com.au

www.jaanjerabek.com