

The SEDONA METHOD®

The Key to Lasting Happiness, Success, Peace & Emotional Well-Being



Coming to BERGEN, NORWAY! October 23rd – 25th 2009

The Sedona Method® is a simple, easy-to-learn, easy-to-duplicate technique which allows the user *to let go* of any unwanted or uncomfortable thought, feeling, memory or discomfort of any kind (physical and emotional pain) *in the moment*. We tend either to express emotions (shout, scream, complain, blame) or suppress emotions (ignore or deny them, self-medicate), with resultant suffering, or dis-ease. The Sedona Method is the natural balance between these two behaviors and allows us to *return to a more natural state of peace and wellbeing*.

Do you identify with any of the following situations, conditions, tendencies or behaviours?

- Uncomfortable thoughts, memories, feelings or identities
- A desire to change anything about the body - a health condition, weight, energy level
- Conflict or discomfort in or about relationships - business and personal
- Sense of overwhelm in dealing with life's demands!
- Depression, anxiety, fear, anger, frustration, low self-esteem and emotional traumas
- Addictions of all kinds (alcohol, food, relationships, sex, worry)
- Wanting to unlock the Secret to the Law of Attraction
- Wondering how to achieve Enlightenment or Awakening and BE in the NOW?

If any of these resonate with you, ask yourself: *“Have I resolved any of these issues by trying to figure them out?”* If the answer is “No” then you're ready to try a radically different approach. And that's to *let go*.

What benefits might I expect by doing The Sedona Method? Freedom from suffering. Generally, most people who practice The Method find 'problems' dissolving with ease, including long standing problems of any kind (emotional, physical, fears and anxieties), and generally report that they have more loving personal and business relationships, become more radiantly healthy with a greater sense of overall well-being, and gain a deep, lasting awareness of who and what they are in the NOW.

What do I have to do to learn The Sedona Method? Just show up. Allow yourself to participate. Allow this very natural process to unfold, effortlessly. *Join us for a pain-free, and surprisingly fun way of dissolving problems and limitations of all kinds!*

Location:	Bergen, Norway	Instructor:	Dr. Karyn Klapcecki, M.D.
Venue:	TBC		Dr. Klapcecki is one of four Sedona Method Instructors world-wide. She has had over 10 years of experience with the Sedona Method and has been involved in educating doctors, students and the public for 30 years.
Date/Time:	Friday, October 23 rd , 6:30-9:30 p.m. Saturday/Sunday, October 24 th /25 th 9:30 a.m. - 5:00 p.m.		
Cost:	2420 NOK (booking before 23/9/2009) 2870 NOK (booking after 23/9/2009)		

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