

awakentoheal
holistic health

presents a talk on

Embracing JEKYLL & HYDE

Malcolm Stern who has worked as a group and individual psychotherapist for more than 20 years, will be the speaker at this event. He is the co-director and co-founder of Alternatives at St James' Church in London and runs groups internationally.

In his work as a group psychotherapist, Malcolm has worked extensively with the shadow - our unacknowledged darkness, first identified by Carl Gustav Jung. In healing the division between our warring sub-personalities, we can begin to find peace in ourselves.

When we learn to recognise our shadow, we can also befriend it. The abandoned aspects of ourselves can wreak havoc in all parts of our lives – what we disown can sabotage us.

We can never totally exorcise our shadow, but when we learn to recognise and to honour it; it loses its power over us and becomes an integral part of awakening to wholeness.

Our dark, primal, passionate side can also be a force for good, when it is healthily integrated. This won't simply transform us as individuals; it's a necessary step in our evolutionary journey.

The ultimate learning is to **Slay your dragons with compassion.**

Tuesday 14th November 2017 19.30hrs

**Venue : Holy Trinity Church, Priory Rd / A22,
Forest Row, East Sussex RH18 5ER**

**Hosted by & Enquiries ~ Amanda Edwards ~ 07703561616
Acupuncturist, Happiness Counsellor, Birth Doula, www.awakentoheal.com**

Tickets of £7 at door to cover costs.