

Dedicated to
Health Medicine:
Integrative, Holistic,
Person-centered,
Preventive Care



Health Medicine Forum

3799 Mt. Diablo Blvd., Lafayette, CA 94549

www.healthmedicine.org • 925-210-7414

A 12-week Healing-For-Change group

Come out of shock and *into your life*

With Julie Motz, Author of HANDS OF LIFE

Intro special:
To learn more about Julie's work
we invite you to an introductory session
on August 6th, \$10

The Healing-For-Change Group

offers the possibility of coming together – on what can be a lonely journey – to create and support the transformation we all seek.

Learn your body's messages to help you understand and deal with your emotional shock.

Learn what is really happening when you:

- Space out
- Freeze
- Become exhausted or confused
- Get lost in obsessive thinking or compulsive behavior
- Feel shut down or out of control
- Or you simply don't like yourself

Heal your emotional shock

Emotional shock hides, blocks and dissipates energy. Learn and practice techniques to recognize and come out of it.

Each week we'll explore the stories we tell ourselves about our lives and the profound truths they hide.

You'll learn the "four energy types," which one you are and who you attract:

- Perceiver
- Performer
- Comprehender
- Connector

Learn how to move beyond your defenses to live from your deepest emotional core.

WHEN: Monday nights, 7 - 9 p.m.

Aug. 6:	Intro session, \$10		
Aug. 13:	1 of 12	Oct. 29:	7 of 12
Aug. 20:	2 of 12	Nov. 19:	8 of 12
Sept. 10:	3 of 12	Dec. 3:	9 of 12
Sept. 17:	4 of 12	Dec. 10:	10 of 12
Sept. 24:	5 of 12	Dec. 17:	11 of 12
Oct. 1:	6 of 12	Jan. 7:	12 of 12

COST: \$600 for 12 weeks if paid in advance, or \$55 per session if paid as you go

WHERE: We'll meet in a home in Lafayette, address/directions will be given after you register.

JULIE MOTZ is an internationally-known healer and author who pioneered the practice of doing energy healing in the operating room with patients undergoing surgery. She has taught at Columbia, Stanford and Dartmouth

TO REGISTER
or for more info:
415-342-1833
or email
juliemotz@mac.com

medical schools and been featured in the New York Times Magazine, Psychology Today, Prevention and the Utne Reader as well as on "Dateline", CNN, the ABC Nightly News and French, Canadian and Australian television. Her book, Hands of Life, has been translated into four languages. She founded

Chemistry Plus, a matchmaking service in San Francisco based on the four energy types. Through her non-profit organization Health's Angels she works to bring healing to underserved children and their families.