



Navigating the Mysteries Workshops

Befriending Our Dragons: Transmuting Fear into Love.

Are you tired of feeling limited, constricted or blocked in some way in your life, constantly defending yourself against danger?

Do you long to release yourself from living in fear and reclaim all of who you are?

If the answer to either of these questions is Yes, read on!

Hidden beneath our greatest fears our authentic self longs to be released to find expression in the world. And with a gentle approach, our fears can reveal to us areas in our lives that long for healing.

In the *Befriending Our Dragons: Transmuting fear into love* program we will imagine our fears as the dragons who guard our greatest treasure – our authentic selves.

Take an honest, non-judgemental look at the following list of common behaviours.

Using alcohol to relieve stress, erratic behaviour, reckless driving, unwillingness to try, underestimating my abilities, depression, hiding mistakes, bragging, wanting special treatment, always being late, interrupting, living in disorganisation, whining, resentment, self-pity, argumentativeness, sullenness, showing resistance, passive aggressiveness, rigidity?

Do you recognise any in yourself?

Yes?

How Wonderful!

You have already taken the first step to befriending your dragons, and to transmuting them from fear to love!

To take the next step, why not join me for the program?

Within the safe space offered by a sacred circle, through ceremony, teaching and reflection we will consider;

- the relationship between fear and love.
- the way our dragons (fears), play out in our lives,
- how to befriend our dragons so we can live with greater freedom and authenticity.

Schedule: Saturdays, 5 October, 2 November, 7 December 2024: 4 January, 12st February 2025 at 9am PST / 12noon EST / 6pm CET

(For those in Eastern time Zones - contact Annie

5th October 2024 – Introduction – The Sacred Circle, what has heart? The relationship between fear & love, how do I recognise my dragons?

2nd November 2024: - Fear of being Vulnerable, Inadequate or Worthless – Arrogance & Self-Depreciation.

7th December 2024 - Fear of Lack, Abandonment and Death – Greed & Self-Destruction

4th January 2025 – Fear of Scarcity, of Being Trapped or Powerless – Impatience & Victimization

1st February 2025 - Fear of Change and Losing Independence – Stubbornness and Rounding up the Program.

Cost: 500€ (100€ to register)

Group size: Maximum 12, Minimum 4

For more information and to register – contact Annie