



# Shadow Work®

## Weekend

### For Men and Women

### Houston, Texas

#### *About the Experiential Weekend:*

Shadow Work® is a personal growth process, based on Jungian philosophy, Gestalt, and psychodramatic techniques, which brings hidden powers out of the shadow and into the light. We all have the archetypal powers of Sovereign, Lover, Warrior and Magician within us. We have learned to hide parts of ourselves that may have been hurt in the past so we don't get hurt again. In Shadow Work, we explore the inner landscape and discover the gifts available in our shadows. It is a way to become more and more who we really are, and to learn how to live more fully. Shadow Work® is especially devoted to providing a setting that allows us to explore and evolve safely, with choice and without pressure. See [www.shadowwork.com](http://www.shadowwork.com) for further details and examples of shadow work.

The weekend is for men and women ages 18 and over. It consists of individual and group processes, visualizations, and an opportunity for some to do center work. Center work is an individual process in the center of the group, during which you explore a life issue with the help of the facilitators and the attention of the group. ***There will be several Center work processes, if you wish to do a process, you will have the opportunity to claim this time for yourself. We also believe that witnessing another's work is profound healing for all.***

**The Magician Archetype:** "Magician energy is about perspective and options...Although its heartfelt seeing isn't necessarily obvious to the observer; it is an objective seeing of all possibilities.

**The Warrior Archetype:** "The Warrior loves action, sometimes for the sake of action... (it's even) willing to kill what needs to die in order to make room for something new to be born."

**The Sovereign Archetype:** "If the Magician is the eyes that see, the Sovereign is the heart that cares."

**The Lover Archetype:** "Lover energy is about gut-level connection... When I am really connected with my Lover, I am in a place of oneness with all that is."

#### **FACILITATED BY RHONDA & JOHN GAUGHAN**



*Rhonda and John are international workshop leaders, facilitators and executive coaches. They have a passion for health and wholeness and bring their vast experience to supporting individuals in creating richly rewarding lives. Rhonda is a Certified Weekend Leader with Woman Within International. They are both Certified Shadow Work® Group Facilitators and Certified Shadow Work® Coaches. John is a Certified Leader & Leader Trainer with Man Kind Project. Rhonda and John created a unique firm NSIGHT to teach methods of communication on all levels.*

**COSTS: \$395 EARLY REGISTRATION \$450 AFTER 30 DAYS IN ADVANCE**

Receive a \$55 discount if paid in full 30 days in advance  
\$150 non-refundable deposit holds your space

Register online at [www.truensight.com/shadowwork](http://www.truensight.com/shadowwork)

Contact: [rhonda.gaughan@me.com](mailto:rhonda.gaughan@me.com) or [jmgaughan@truensight.com](mailto:jmgaughan@truensight.com) or Call 713.533.9556

