

Core Process 2 ½ Day Weekend

Call for Information 760-402-6082

What is Core Process?

It is an exploration of how we are in our present experience, and how this expresses the past conditioning and conditions of our lives. The intention of this enquiry is the possibility of transforming our relationship to suffering and the facilitation of greater and more conscious choice in our daily life. In Core Process work, a depth awareness of what is happening in the present moment is used to explore our inner process. This awareness encompasses our energies, sensations, feelings, mental processes, and their expressions in the body. The aim is not to alter our experience, but to sense how we relate to it, so that it becomes possible to move with greater creativity and flexibility in our lives. Core Process work is based on the understanding that within the conscious mind there is a deeper wisdom that moves naturally towards healing. Integration and healing come from insight into the ways in which we hold onto our suffering, and from a deeper connection with the openness, compassion, and wisdom at the heart of our human condition.

Core Process facilitates an awareness of this shaping process in which we hold the shape of our past experience in the present moment. The focus of the work is an exploration and enquiry into both the sense of this personality shape and the suffering that arises in attachment and identification with it. It also holds the possibility open that there is in each of us the potential to rest in the present moment, truly seeing things as they are. In this state of awareness, there is a natural arising of compassion and love with the possibility of expressing greater spontaneity and joy. The basic approach behind this therapeutic approach is that of our innate or intrinsic health: We already have everything we need to flourish as human beings.

You may feel blocked or weighed down by past conditioning or trauma(s), which restrict your life at the moment. Core Process therapeutic work can help you free yourself from what holds you back. This work can help develop practical skills for self-listening which will be invaluable to you long after the therapy may have stopped.

For example, when working with early life experience, which many may consider as regression, Core Process works with this as an experience in the present moment, which is how we are now, a conditioned self. We are all conditioned by past experiences, both

good and bad. By doing this within the context of the present moment core process brings a deeper awareness and an opportunity to transform this life conditioning and become our true selves.

Becoming more fully present in each moment brings us into direct contact with those places where we are fragmented, split, and disconnected.

Through bringing more of these processes into awareness, we can work with spiritual, physical, psychological and energetic layers of experience, as they emerge in embodiment and come more deeply into contact with the illimitable qualities of compassion, loving kindness, sympathetic joy and equanimity which arise naturally from the core state.

Who is the Facilitator?

Brook Olsen is a licensed Holistic Health Practitioner, Certified Clinical Nutritionist, and Somatic Experiencing Practitioner in the City of Encinitas, California, and the founder of Inner-Connected Management Services Inc. He works with private and professional groups, individuals, couples, and corporations on matters of Communication, Conflict Resolution, Life Management, and Trauma resolution. Brook teaches classes along with his wife Peggy, on verbal skills for individuals, couples, and corporate managers and is a personal and corporate coach.

**Location: Encinitas Healing Arts Center
227 No El Camino Rea #103
Encinitas CA**

Cost: \$450.00

**Please contact us for your application at (760)
402-6082**

Mail check to Brook Olsen at 28481 Gordon Hill Rd., Valley Center, CA 92082.
Make check payable to Brook Olsen.