

PARADIGM PAGES

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September/ October 2009

Atherton Gets The Last Word, Talk Therapy web show on Ed Video, hosted by Samartha Gamble



We are pleased to announce that Atherton Drenth will be interviewed by Samartha Gamble on Ed Video, September 3, 2009 at 8 pm. They will be discussing Atherton's new book, ***Following Body Wisdom. How Energy Medicine Helps Heal*** - to be released this fall.

Samartha Gamble is the co-host for Talk Therapy a web show with Scott McGovern. Her show is dedicated to topics and interviews on emotional wellness and self-awareness. This will be Samartha's final show at Ed Video as she is about to collaborate with Psychologist and Youth Advocate, Dr. Patricia Keith of Break Free Family Centre in Etobicoke. Please join these two dynamic women as they each celebrate their new beginnings.

"I am really excited to meet with Samartha to talk about the book and how it can help people understand energy medicine and how it helps with healing." - Atherton Drenth

**Tune in at 8 pm next Thursday, September 3rd,
to see Atherton's interview about *Following
Body Wisdom.***

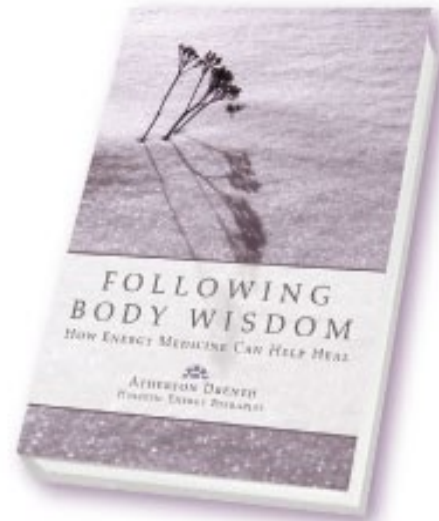
<http://www.livestream.com/edvideo?referrer=mogulus>

Visit www.followingbodywisdom.com to place your order!

Following Body Wisdom

Written by First Time Author,
Atherton Drenth

The book *Following Body Wisdom* was written to appeal to anyone seeking knowledge about energy work and how it can help them on their healing journey. Based on her extensive experience as a Holistic Energy Therapist and Medical Intuitive, Atherton provides gems of wisdom and practical guidance to help you in your quest for physical, emotional and spiritual well-being.



\$25

approx retail price

GST not included



“The body will reveal itself to you,
if you listen.”

- Atherton Drenth, H.E.T.

This book will help the public discover what energy medicine is, how to work with an energy medicine practitioner and what to expect from a session. *Following Body Wisdom* also includes a collection of client success stories that serve to guide and inspire those seeking greater awareness of the therapeutic power of energy work.

Order a copy of *Following Body Wisdom* before October 15, 2009 and receive \$5 off the book price!



A New Energy Psychology Technique!

Offered by Susan Bushell,
Holistic Energy Psychologist

The ZPoint Process for Peace

There's a new Energy Psychology technique at The Paradigm Centre for Wellness. Susan Bushell Energy Therapist is now practicing ZPoint Process with her clients.

ZPoint is a simple yet powerful tool that quickly transforms your life by helping you release your resistance to receiving the **Well-Being** that is your right. ZPoint allows you to release your struggle with self destructive relationships, blame, shame, guilt and the pain of unpleasant memories and it does so quickly and painlessly. Where the power of EFT is in its specificity, the power of ZPoint is in its ability to clear a broad swath related to a feeling.



Susan will be using this new technique at the Tap into Success retreat! Find us on Facebook,

<http://www.facebook.com/event.php?eid=108636462741&ref=ts#/event.php?eid=108636462741&ref=mf>

“ZPoint taps into the subconscious mind looking for an energetic match to the feeling that you are trying to let go of. Once it finds a match it quickly and very thoroughly dissolves that feeling.”

-Susan Bushell, B.Sc

The process is very calming and often clients will express a feeling of bliss after a session. Susan is offering ZPoint within her practice and will be highlighting ZPoint at the Tap Into Success Retreat in November at Christie's Mill Inn. Come join Susan and Atherton in Muskoka and experience a new cutting-edge technique. See page 4 for information on this life changing retreat.

A Life Changing Retreat

LIFE NOT WORKING FOR YOU?

TAP INTO SUCCESS

When: November 20th, 21st and 22nd, 2009

Where:

THE INN
AT
Christie's Mill
Muskoka



Where Does Your Life
Go From Here?

Longing for a change but
something stops you in your
tracks?

Come to a beautiful lake country inn and spa at Port Severn in Muskoka. Learn how to use leading edge energetic techniques to create the life you want and deserve. This is a hands-on, experiential workshop!

Find out how negative core beliefs affect your success and learn how to change them!



Atherton Drenth
Holistic Energy
Therapist

Susan Bushell
Holistic Energy Therapist
EFT Practitioner



\$350 Workshop Only
\$750 All Inclusive
(includes Accommodation & Meals)



*Don't be disappointed -
Call Today!*

www.paradigmcentre.ca



**Paradigm Centre
for Wellness**

To Register Call the Paradigm
Centre at 519-766-4770

See what else Susan Bushell is working on this fall! You can also visit www.freeyouremotions.com for more information.

ACUPRESSURE FOR YOUR EMOTIONS!

EMOTIONAL FREEDOM TECHNIQUE
EFT

EFT is an extremely useful, self-healing tool that is easy to learn, safe and effective. EFT uses Chinese Acupressure points for eliminating all negative emotions. (Yes all of them!) This includes fears, grief, loss, sadness, anxiety, trauma, low self-esteem, anger, addictions and any other negative emotions that have been troubling you.

You need no special knowledge, abilities or gadgets.

Anyone Can Learn EFT In a Day!
It's Quick and Easy. And it Works!

JOIN SUSAN BUSHELL, B.Sc.
HOLISTIC ENERGY THERAPIST AND EFT PRACTITIONER

Next Date November 29th, 2009
Location - Guelph

[Click Here to Register](#)

Snacks and Beverages Provided. Please Bring Your own Lunch
For More Information contact Susan Bushell at 519-763-9858

COST: \$125 inclusive of GST

*Note: A \$25 non-refundable deposit is required to reserve your space
Space is limited to 10 people.
This is an experiential workshop

Mail cheques to and call to register at 519-763-9858
Paradigm Centre for Wellness
421 Woolwich Street
Guelph, ON
N1H 3X2

Also offered in Ottawa, September 20th! Call (519) 763-9858

Are You Up for the Challenge?

By Isabella D'Alessandro, Holistic Energy Therapist

THE 7-DAY WATER CHALLENGE GUIDELINES

Because it is IMPOSSIBLE to get the desired results from your care without sufficient hydration, the following guidelines have been adopted ([click here](#)).



"You're not sick; you're thirsty. Don't treat thirst with medication."

Dr. F. Batmanghelidj, author of *Your Body's Many Cries for Water*
www.watercure.com



Join Us on Facebook!

Please join us on Facebook ([here](#)) to keep up-to-date with events, vital information regarding your health and well-being, and free giveaways! See you there!



Beyond
Diabetes
Canada

Something else to look into!

Join **Byron Katie**, the inspirational bestselling author of "**Loving What Is**" and "**A Thousand names For Joy**" and founder of **The Work**, for a powerful weekend workshop that will take you on an incredible journey of self discovery.

Katie's powerful method of inquiring within will show you how to balance your mind and to radically improve your life. Learn how to heal issues related to body image, eating, money, career and more. Improve the relationships in your life with partners, friends, family, and co-workers and watch as your world transforms itself.

A weekend workshop with Byron Katie is truly a life-healing experience.

Limited seating available!

<http://www.byronkatietoronto.com>

for more information!

THE WORK® OF
Byron Katie



Who would you be
without your story?

We're on the web!

www.paradigmcentre.ca

Our Vision Statement

The Paradigm Centre is a healing partnership that works harmoniously from a place of ethics, professionalism and integrity. Our approach is client-directed and holistic.

We provide a safe and accepting environment that guides individuals toward their own physical, emotional, and spiritual potential. We are committed to being a thriving, leading edge, and community-minded centre.