

One day training on Personal Growth at the Massena House, Barrytown, NY

Gavin Hamnett

September 11, 2015



Personal Growth: Recreation of the Self & Getting Your Greatness

Saturday October 17th, at the Historic Massena House, Barrytown, NY.

9:30am to 5pm

Facilitated by Gavin Hamnett, MS, MRE, CASAC.

The seminar will:

- be inspired by the Recreation of the Self Model of Human Systems (John Eisman), Real Love Model (Greg Baer), and Unification Model.
- show human healing as a celebration of innate resources and the opportunity to develop an already existing whole self.
- show how in our development, when the Self was opposed, we accommodated the various obstacles and hurts by fragmenting our consciousness in various trance-like states: states with very limited awareness. Long held as habitual neural networks in the brain and body, these fragmented states of consciousness perpetuate both our illusory sense of wounding, and the limiting behaviors that follow.
- focus less on content or historical origins, but instead invite people to learn to shift quickly into a more expansive, loving preferred state, the Ideal Self.

Things you may get from this seminar:

- a practical map of the structures of the Self, congruent and complimentary to the Unification and Real Love maps of the Self, highlighting the value of all three.
- an understanding of the neurological basis of the mind/body identity and stuckness
- an orientation towards wholeness and resources, as opposed to pathology.
- ways to pursue the Ideal Self and the evolution of Selfhood.
- understanding of the actual nature of change and empowerment.
- understanding around identification and disidentification.

Cost includes lunch: \$50/person (\$30 for MHVFC members)

Registration required: contact Gavin at GHamnett@gmail.com – limited to 16 people.

For accommodations contact Kate at katekorda@gmail.com



This seminar will consist of presentations and mindfulness based experiential exercises; totally suitable for non-unificationists as well as unificationists. Gavin has been working in the areas of counseling and ministry since graduating from the Unification Theological seminary in 1989. He graduated from the University of St. Andrews, Scotland, with a bachelors in anatomy and physiology and has a MS in counseling from the University of Bridgeport and is a graduate of the Hakomi Institute which teaches a mindfulness based approach to personal growth.