

# Compassion-in-Communication Intensive

with Lorraine Simone, M.S. Ed.



**February 10 - 12**

Compassion-in-Communication, designed by Lorraine Simone, combines cutting-edge technologies, current research, time-honored tools of oral tradition, a deep intuitive knowing and the desire to be healthy and whole.

This dynamic, educational and consciousness-raising program uncovers and breaks through personal **Spirals of Self-Destruction** – hidden patterns of limiting beliefs, self-sabotage, fear, abusive inner dialogue, and fixation on emotional wounds - that continue to inform your view of the world and the automatic decisions you continually make as a result of them.

*Each day your personal communication either heals or harms yourself and/or others*

**Compassion-in-Communication** teaches you to use creative Dynamic Strategies – methods that remove the emotional charge from past thought forms and beliefs - so you can live your highest potential in all arenas of your life, personal, professional, and spiritual, and be free from the burdens of the past.

Through characterization, focus games, story telling, self empowerment exercises and other modes of expression, you will learn how to:

- ~ Open to your immense potential for change
- ~ Stay in the moment and “hold space”
- ~ Actively listen and communicate with authority
- ~ Make your voice a powerful instrument for healing
- ~ Gain the emotional freedom you always dreamed of
- ~ Learn how to deal with difficult people
- ~ Create your own personal script for Problem Solving
- ~ Replace old Patterns of Reaction with new Patterns of Response
- ~ Chart and dismantle your Spiral of Self Destruction quickly

*I used the CiC skills and was able to have a date with someone I liked; get a credit card company to lower my interest rates and drop fees; and have a couple of conversations with confidence that I absolutely was dreading. The structure is a blessing to me.*

L.A. (2009 seminar)

Join us for **Winter Intensive Weekend** and initiate new patterns of thought, possibility and choice into your life, and begin living the life of your dreams.

Due to the interactive nature of this Intensive, class size is limited.  
Affordable lodging is available and not included in the course fee.

**Location:**

Moonfire Meeting House in Southampton

**Times:**

Friday, Feb. 10 at 4:30 pm

Saturday, Feb. 11 from 9:30 am – 10 pm

Sunday, Feb. 12 from 10 am – 4 pm

**Fee:**

\$395 (non-members), \$350 (members)

\$295 (Mystery School)

\$260 (Compassionate Communicators)

**Moonfire Meeting House**  
**1691 County road 39, Southampton, NY 11968**  
**moonfire@optonline.net**  
**631-287-9000**  
**www.MoonfireMeetingHouse.com**

