



### "FORGIVENESS"

*workshop*

**by Anna Timmermans**

It comes from all kind of spiritual approaches that are bringing people towards forgiveness without doing the work. It doesn't align with our approach where you do the transformational work first. That means to go through the lower self and to transform the (inner) relationship till you find your remorse. Then "to forgive" comes naturally and also from your physical and emotional body; if you don't include these steps it stays on a mental level without any transformation. This we also call "spiritual bypassing". In my experience focusing on the inner relationship and to work with self-forgiveness first makes people milder and more willing to do the work with the external relationships. We easily overstep the inner dynamic because clients are more focused on the external relations. In this workshop we will focus on the inner work first and then we do the external.

#### **biography**



ANNA TIMMERMANS, she is having LICSW, CBT and ECP. She is director of Netherlands Institute of Core Energetics (NICE). Since 1982 she is a methods teacher and has her own practice. Anna is certified by the European Certification of Psychotherapy. She followed the Bio Energetics Analysis training and is trained in Core Energetics by John Pierrakos. She is co-owner of Cordium, center for growth and development in Nijmegen. Anna teaches also in Mexico, New York and California. Her passion is to train Core Energetic therapists and to develop Core Energetics as an autonomous method of therapy in the Netherlands.

