

I have added the following new maladies to Emotional Patterns:

1. Avoidant Personality Disorder
2. Borderline Personality Disorder
3. Plaque Psoriasis
4. Melasma
5. Premenstrual Dysphoric Disorder
6. Emetophobic
7. Rectocele
8. Oppositional Personality Disorder

I will be holding a Remen Q online workshop on June 12, 2020, at noon PST. If you are interested send me an email and I will send you the details.

I will do a refresher on the process and then start a discussion on the part of us that is wounded by family, cultures, community, schools, and other institutions. That is a huge topic but I will focus on the part that blocks our creativity. That ability to creatively meet challenges or create the art that everything in you feels like it NEEDS to do.

Questions to ask yourself:

1. How do I restrict myself?
2. Do I self-nurture? Is there time for me?
3. Do you have a deep sense that something is missing? Or that something has been taken from you?
4. Were you forced to give up a creative pursuit by family?
5. Are you the victim?
6. Do you feel lost? A sense of not having anything to contribute to the world?
7. Are you deeply tired, with no feeling of energizing life force?
8. Can you allow yourself to be vulnerable and be safe?
9. If you have no time for yourself, who or what takes your time?
10. Do you have to be perfect?
11. Do you need approval?

We will then do some Remen Q exercises to begin your movement toward inner peace.

There is no fee for this online course. You can email me at valeria@valeriamoore.com.

Warmest Regards,
Valeria

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