

Coming Alive After Divorce

a two-day seminar with
internationally-known speaker, healer and psychotherapist
Dorothy Martin-Neville, PhD
Saturday and Sunday, May 9th & 10th, 2009
The Center at Westwoods, Westwood, MA
call (781) 329-0711 to register

For many of us who have confronted the horror of divorce, who have dealt with the death of our dreams, and the death of our marriage, coming alive again seems to take far more energy than we feel we will ever have. Life seems too hard to survive much less to live in. Nobody gives directions for the survival course, and no one seems to understand the pain, rejection, and loss of direction. You may know what you don't want, while still have no idea of what you do want. All that can keep you stuck, without even you in your life.

There is an option. There is an opportunity to wake up, to shake off all the trauma, all the confusion, sadness, loneliness, and all those lost dreams. It begins by remembering that person you were when you got married. It moves into remembering who you were when things were going right. Then it takes you into creating the dream of who you want to be now and finding out what you need to do to get there.....

A passion for life, a passion for your future, for creating new dreams, and claiming the person you have become, only comes after you take the risk to come alive. Taking a risk, coming alive after divorce, means finally, and perhaps for the first time, defining who you want to be, what you want to accomplish, and how you want to get there.

After 25 years as a marriage and family therapist I have clearly seen the stages of divorce and recovery. The biggest step is the first one because that is the step in which you say "I EXIST." After that, it is simply a journey of bringing you back in a way you may have never known. Taking a few risks, in clothing, in style, even in food, as well as in how you do relationships. What you are willing to experience, and how much passion you can handle opens the world to you.

Come spend time loving yourself, taking risks, confronting your demons, and jumping back into life. You will be opening the door to a whole new you, and a whole new life. Changing how you see the world and your place in it, can change your life making all things possible. You deserve it and the freedom it brings.....