

# Healing Ourselves

## Lessons in “The Art of Invincibility”

### A Toltec Teaching with Ed Fox



We all start out in this world on an equal footing and with the same potential. Along the way of life we all develop similar skills. What distinguishes us (in our own mind) is the self-judgment that we put on ourselves and in doing so we lose faith and trust in our God-given abilities to love, forgive, and heal ourselves.

During this workshop you will learn the following precious tools to free yourself from the grip of judgment.

- Learning how we betray ourselves with other people.
- Discovering the secrets of neutralizing negativity.
- Understand how to create a plan to release the powerful self that you are.
- Revitalize your life-force and relationships with healing energy.
- Learn the kind of forgiveness that allows you to carry on and succeed.

True invincibility is the ability to recognize when and how to heal yourself. We all have the ability to reclaim our power and practice the “Art of Invincibility.” Come for this powerful evening workshop and get your new year off in the right direction.

**When :** Friday March 16th, 2007

**Where:** A Touch of Serenity  
5000 East 345 St.\*\*\*  
Willoughby, Ohio 44094

**Directions:** One Block West of 91/20 off Rt. 20,  
first building on left on East 345 St.

**When:** 7-9 PM

**Cost:** \$25

**Seating will be Limited. To Register call 440-951-9452**



#### Ed Fox

Personally trained and certified by don Miguel Ruiz, author of “The Four Agreements” and “The Mastery of Love,” Ed brings deep insight into the Toltec Masteries. His compassionate, humorous style blends with a profound strength of spirit to make the inward journey a revelation of self-discovery that ultimately results in personal empowerment. Ed teaches groups throughout the United States and maintains a private counseling/healing practice in San Diego, CA.

Long-distance study and apprenticeships are available.

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