

# OUT OF THE BLUE

*Freedom from the real causes of depression*

## Depression – a disease of our time?

AROUND 350 MILLION PEOPLE worldwide (source: World Health Organization) suffer with depression, emotional shutdown



or suppression. We often learn at an early age to keep our emotions in check, under wraps, hidden, that it is easier to keep feelings or emotions at bay, especially the 'unwanted' ones that create discomfort for our loved ones or are judged by society as inappropriate.

The solution generally seems to come in the form of prescribed medication to make us feel better! Yet these drugs, the first and often only line of help to support those of us who have lost access to our natural joy and passion for life, actually further suppress the body's natural 'happiness' endorphins. Drugs are not emotionally intelligent and have no discernment between emotions; they simply act to suppress all our emotions and keep us in a state of grey fogginess and depressed state.

Psycho-neuro Immunology research has produced compelling evidence that our thought patterns directly and instantaneously affect our entire body chemistry, and can suppress our immune system. We all 'know' that angry people get more heart attacks, that stressed-out people get ulcers, and some evidence even links grief, fear or resentment to cancer.

Over the years, The Journey, a self-healing method pioneered by International best-selling author and renowned cellular healing seminar teacher, Brandon Bays has given

hope through the practical and down-to-earth Journey tools. The Journey Method is particularly successful in dealing with the root cause of depression and shut down and has given a newfound joy to thousands across the globe. By lifting the blanket of depression, opening into our emotions - the gateway to the soul, we can begin to live life fully, passionately, joyously and in vibrant health.

After healing in just six weeks from a tumour the size of a basket ball without drugs or surgery, Brandon Bays developed The Journey, a method for self healing that is used daily by people around the world from all walks of life!

So it worked for Brandon, but can it work for the rest of us?

Depression for me has been hidden and disguised with humour, by keeping busy, by being in denial and mostly by over-riding my true feelings. It's what I was taught to do and I did it very well...until I could no longer 'cope' with the overwhelm of my life's experiences and burned out.

I was a very dedicated classroom teacher for 15 years and loved most of the experiences. When I could no longer 'manage' my sadness, work any harder, curb my frustration, or stop my desire for things to be different than they were, I crashed.

The doctor 'diagnosed' me with 'situational depression' ... meaning the environment that I was working in was causing my depression. Since I was feeling helpless, impotent and hopeless, in an impossible workspace, I quit. Not something I was taught to do and yet the body & being demanded it from me.

What I didn't know then, and what I have come to realize now, through the use of The Journey Method is that at times we do need to leave an unhealthy work place. AND...the underlying causes of this depression were not solely the

responsibility of my job.

I am now fully aware that unless I have a set of skills that invite me to feel fully whatever emotions I have and to express myself consciously and clearly from the truth of my direct experience I will stay stuck and looping in my emotional/physical pain. Walking away from my job did not stop me from feeling depressed. It actually stirred up a lot of other emotions about 'failing, quitting, giving up etc' which drove me deeper into some other unhealthy behaviours.

The catalyst for long term health and change came from meeting the emotional underbelly of my un-healthy belief and behaviour systems...all beautifully laid out and explained via The Journey and Visionary Leadership skills. My life started to make sense to me.

What I have come to realize is that every decision I make that supports my life's passion, my heart's desires, that affords me the tools to get real with what is...all keep me healthy and on purpose in life. When I try to push the preverbal "rock up a mountain" against life...it zaps me of my energy and loops me back into frustration.

"Out of the Blue" clearly offers a simple methodology to get truthfully naked with yourself so that you can be the catalyst of change you want for yourself, others and for humanity. These skills absolutely become part of the fabric of your being as you recognize and choose to honour yourself 100% of the time leaving no room for depression to take up residence in your life.

I look forward to sharing in these massively transformative skills with you...to be in the company of others wanting everything that life has on offer. Ultimately to be free!





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## **Join Bet Diening-Weatherston for a 3 day workshop:**

- Get to the root cause of any signs of shut-down and depression and finish it completely!
- Release and clear the old consciousness and set yourself free from any limitations
- **Let yourself be guided to open to the energy, passion and true joy of life**

*“Bet is an extraordinary woman who combines passion and inner strength with openness and heartfelt honesty – to great effect.. Bet is a top rate, empathetic and deeply effective personal coach, with expertise in some of the most effective tools for transformation in existence. She is also a highly skilled and effective communicator and an engaging and compelling public speaker and seminar presenter. Bet is a woman who works consciously and with high integrity, and she gets results!”*

*Kevin Billett, CEO at Conscious Company Ltd, Director of Journey Seminars Ltd*



## **With Bet Diening-Weatherston**

**November 4-5-6, 2016**

8:30am - 7:00pm each day

Pioneer Lodge

4324-46A Avenue, Red Deer, AB

Price: \$495

Early Bird price: \$445.00

(when booked by August 30<sup>th</sup>)

Journey Grad: \$297.50

Bring a Friend: \$742.50 for the two of you

Meals, Accommodation and Travel costs not included.

**Registration:**

**[www.wouldyoubewilling.com](http://www.wouldyoubewilling.com) • 1.604.741.7056**