

### What others are saying about this training:

"Success! The HBLU™ Limiting Identities workshop is life-changing. I'm not the same person I was before the workshop - or should I say I am now "A Person." Handling the Void layers of the Enneagram wound is like giving a person back their life. HBLU™ never ceases to amaze me at its speed and the incredible changes it makes in the client. Thank you, Judith, for your brilliance and for caring enough to make sure others have this information to heal the ego.

Aerial Long, MS, CMF,

"Thanks for a fabulous Essence Workshop. As usual, you were stimulating, exciting and mind expanding. Your workshops are action and information packed, just the way I like them to be."

Harriet Gorodetsky

"I highly recommend the Limiting Identities course as an integral part of the Essence Process. It is extremely helpful and is often the key for opening the door to change. "

Karen Jackson Forbes, MS, CMHC

### About the Instructor:

Judith A. Swack, Ph.D., visionary and leader in the field of Energy Psychology, has published numerous articles in scientific, professional, and popular journals. Dr. Swack is among the authors of best-selling book, Success Starts Today, a collaboration of expert advice on achieving success anchored by Jack Canfield. She also authored a chapter "Healing from the Body Level Up" in the industry-defining publication, Energy Psychology in Psychotherapy: A Comprehensive Source Book. Dr. Swack is a recipient of the 2015 ACEP award for major contribution to the field of Energy Psychology.

### HBLU Module 1 Training has been pre-approved by:

#### MaMHCA

*"This program has been approved for 35 Category I MaMHCA/MMCEP hours for relicensure, in accordance with 262 CMR."*

#### NASW

*"This program has been approved for 35 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 80827."*

## Healing from the Body Level Up™

### Module 2: Limiting Identities, the Enneagram, and the Essence Process

*Transform personality structure  
and heal soul wounds*



**APRIL 20 – 24, 2020**

**9 AM - 6 PM**

*35 CE credits for LMHCs and LICSWs*

#### **Taught By:**

*Judith A. Swack, Ph.D.*

*Prerequisites: HBLU Module 1*

HBLU, Inc.

56 Pickering St. Needham, MA 02492

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## Learn How to Dramatically Transform Personality Structure and Heal Deep-Rooted Soul Wounds, Using the Essence Process, A Totally Unique Procedure

In Limiting Identities and the Essence Process, you will discover the Healing from the Body Level Up™ (HBLU™) way to heal interference patterns located in the personality structure using the Essence process, an intervention unique to HBLU™.

We consider personality structure to be the operating system (like your computer uses either a Windows or Mac Operating system) that allows people to interface/interact with the world. If the operating system has “bugs” in it, it is difficult to process the energy and information of certain life experiences, difficult to heal traumas at the deepest levels, and difficult to achieve ones’ soul mission. When we transform personality bugs, we and our clients can experience true, deep happiness and satisfaction with our lives.

Limiting Identities and the Essence Process uses the Enneagram model of personality to speed up and increase the efficacy of the healing process. This simple, fun, and easy to use model links behavior and motivation with personality types. The Enneagram system describes 9 different personality types — each driven by a central compulsion — a core wound.

Through the lens of this wound, people experience a fundamentally limited world view and painful, compulsion driven behavior. And until you discover and heal these personality wounds, no amount of therapy will transform the client.

## In this stimulating and eye-opening workshop you will discover:

- how someone’s personality structure “colors” their view of the world, and why this information is essential in order to achieve a successful therapeutic outcome.
- how to easily figure out what type of personality structure your client has... and instantly know what therapeutic interventions to start with.
- **Most importantly you will learn how to...**
  - perform the Essence Process (codeveloped by Judith Swack, Ph.D.) This process transforms and heals fear, shame, other negative emotions and the distorted sense of identity and world view contained within the deepest psychological wounds of the ego. Best of all, it actually converts this “negative” energy into pure energy that directly serves the soul!
  - eliminate addictive behaviors- even when other interventions have failed.
  - eliminate Obsessive Compulsive Disorder (OCD).
  - facilitate the healing of serious and/or chronic illnesses.
- **After experiencing this process, you will:**
  - experience yourself as both as a unique individual and a part of the universal consciousness.
  - experience aliveness like never before.
  - live in an expanded world view and have more behavioral flexibility and choice.
  - Plus, much more.

### Added Bonus:

The Soul Mission Elicitation Technique. Absolutely connect with your soul mission and ways of contributing to the world by discovering the difference between the mission programmed into your Enneagram wound and your actual, individual soul mission.

## Registration Form

### Module 2: Limiting Identities, the Enneagram, and the Essence Process April 20 – 24, 2020

Please complete and return / fax to:  
**Healing from the Body Level Up, Inc.**  
56 Pickering St.  
Needham, MA 02492  
Fax: 781 449 4854

Confirmation letter with directions will be sent upon receipt of registration.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please check which applies:

\_\_\_ \$ 1505 full rate

\_\_\_ \$ 1256 early registration rate – by 2/21/20

\_\_\_ \$ 720 repeating class

*(Price includes “Limiting Identities Course Manual” and lifetime subscription to “Other Layers of the Enneagram” collection of diagrams for another 200 + layers of Enneagram code.)*

Payment Method

\_\_\_ Check payable to HBLU Inc.

\_\_\_ Visa \_\_\_ MasterCard

Card# \_\_\_\_\_

Exp. Date \_\_\_\_\_

3-digit security code \_\_\_\_\_

Signature \_\_\_\_\_

**Cancellation Policy:** *Cancellations received up to two weeks before the workshop is refundable less a \$50 administrative fee. After that time, fees may be applied to a future workshop.*

For more information please contact:  
HBLU, Inc.

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[www.hblutrainig.com](http://www.hblutrainig.com)