

3 KEYS TO HEALING AND SELF- UNDERSTANDING

A powerful new approach for personal growth.

June 1-2 and June 7-8

Magnet Pastoral Centre, Dundalk, Co. Louth



A special opportunity to hear U.S. therapist, author
and keynote speaker,

Pat Wyman

The 3 Keys Approach

3Keys is an innovative approach and proven support for many on their spiritual and life journey. It is a deeply healing process, offered within a safe and sacred space that allows each one experience deep inner work of a different kind. The 3Keys approach developed by Pat Wyman and outlined in her ground-breaking book "Three Keys to Self-Understanding", combines the best elements of various disciplines, including affective therapy, MBTI, Enneagram, Inner Child work, generative trance, NLP, and bodywork. While many methods of healing are Cognitive or left-brained in nature (talk-therapy, spiritual direction), the 3Keys approach is primarily Affective (right-brained) and is, in Pat's view, the only way to permanently change the strong influence of subconscious programming and patterns on our behaviour and our way of living in the world.

- ✚ Discovering our true MBTI type can help free us to express our spirituality in ways that really 'fit' who we truly are, and to relate to the Divine from that place.
- ✚ Lowering our Enneagram defence system allows us to connect with others in Love and Truth, and we experience ourselves, others, and the inter-connected web of life on this planet, with greater awareness, aliveness, compassion and gratitude.
- ✚ Inner child work as offered in this approach, is a deeply spiritual and healing experience - a true 'coming home' to our-selves.
- ✚ The 3Keys approach directly tackles the underlying emotional and bodily roots of issues such as depression, addiction, lack of intimacy, loneliness and inadequacy, feelings of unworthiness or lack of purpose in life.
- ✚ It is best suited to those who have done some personal/spiritual work already along their path and are seeking a deeper nourishment and food for their ever evolving spiritual and life journey!



Pat Wyman, US therapist, author and speaker, is an internationally recognized expert on the combined use of the MBTI® instrument and the Enneagram and the founder of 3Keys International Association.

For more visit www.3keysinternational.org .

Workshop 1 June 1st- 2nd 2019 (register from 9.00am Sat)

Saturday 10am - 5pm	Sunday 10am -5pm
<ul style="list-style-type: none">• Presentation of the 3Keys Model• Exploration of the MBTI® system of personality type as our 'core'• Experiential exercises to help each one access this 'core self'• Exploration of the Enneagram system of personality type and how it functions as our 'defence'	<ul style="list-style-type: none">• How does the MBTI® and Enneagram interact in you? Examples of different combinations with diagrams and discussion.• Exercises and imagery to demonstrate practical application of the diagrams• Imagery to uncover and work with a specific example of your own unconscious programming• Learn one way to begin to gain control over your particular defence system.

Using a mix of guided imagery, group process, lecture, and many examples from case histories, participants will be led through their own process of self-discovery. You will receive individual assistance to accurately determine both your MBTI and Enneagram types, and a chart showing how these two systems interact in your particular personality structure.

Venue: +[Magnet Pastoral Centre, Dundalk](#)+

Bookings: frances3keys@outlook.com or mobile: 086 3723284;

Cost: €160 if paid before May 24th or €200 after May 25th
- includes coffee/tea/all materials, but **not** lunch

Pay: By post: Frances O' Connell 13 Blakley Close, Dundalk, Co.Louth

By bank transfer: Frances O Connell 3Keys **BIC:** CLIRE21

IBAN: IE25CLIR99109610396061

Workshop 2: June 8th -9th 2019 (register from 9.00am Sat)

Saturday & Sunday 10am - 5pm daily [Limit of 12 places](#)

- Experiential exercises using guided imagery, bodywork, artwork and music, to connect you with your core self, your inner child.
- You may work with an unresolved family issue, reconnect with your feelings, identify unmet needs and begin to see how to move forward.
- This workshop will be fully experiential (no lecture or theory) - with one to one care and assistance available from experienced 3Keys practitioners. Come prepared for two days of intensive, deep emotional work with a day of rest afterwards if possible.

Cost: €260 if paid by June 4th or €300 if paid after June 5th

Venue: +[Magnet Pastoral Centre, Dundalk](#)+

One to one assistance available from experienced 3Keys practitioners during and right after the workshop each day.

**** [Attendance at Workshop 1 is a pre-requisite for Workshop 2](#) ****