



## *Inner Family Workshop - 8 Week Virtual Group*

### **Time & Dates**

To Be Announced

Our focus will be on the embracing the miracle of recovery thru Inner Family work. We will be...

- Creating Spiritual Safety for Our Healing
- Discovering and Connecting to Our Inner Family
- Learning How to Communicate with Our IF
- Becoming a Loving Parent to Our IF
- Healing Our History Thru Our Connection to a Higher Power, Our Soul, and Our Wise, Future Selves

We will doing a video conference, so you will need a quiet space to allow you to bring your focus to the Inner Family healing work. **There will be visualizations, meditations, exercises, and healing!**

**Email Becky at [bljack44@me.com](mailto:bljack44@me.com) or call 800-278-8050 to register or for more info.**

I highly recommend Becky Jackson's Inner Family Workshop for anyone who wants an efficient and powerful tool to create peace and wholeness within themselves. I'm already a big fan of Becky's but this workshop far exceeded my expectations.

Since taking it I feel more comfortable in my own skin. The meditations and exercises are one I can use whenever I need to support myself, and it's a great adjunct to her other recovery models. **Susan G.**

Instead of allowing my past to cripple me, I have instead been able to make friends with so much pain...brought about by having my inner family being supported by new newer, wiser selves. I am continuing to learn how to do that with my work with Becky's Inner Family workshops...I will most certainly take her classes again, for it was extremely helpful in my recovery work. I recommend it to anyone who wants to be able to not only aid in healing old hurts, but to move on and thrive. **Linda M.**

I have been using Becky's Inner Family work in my recovery and my life for over 30 years. The work has allowed me to do what I consider to be extraordinary healing with my younger selves, to connect with parts of myself I had kept hidden for a very long time, to be the kind of mom to my inner kids they didn't have in this life, and to join us all in a strong, healthy, whole woman. Thank you Becky for creating this work! **Margo C.**

Having taken Becky's Inner Family workshop, I can encourage anyone who wants a deeper connection with their spirit to take advantage of working with Becky. I had many healing and compassionate encounters with my inner family and am grateful to Becky for her guidance. Namaste. **Phyllis K.**

Little did I realize that my inner family is with me and within me at all times and can be a mastermind of support and ideas to me.

A mother of three kids, I expressed to Becky after a certain point along the workshop process, it was as if I was finally a woman--and not my wounded 17 year old--raising my children.

I finally had a mother's compassion and sympathy for my teenaged daughter,

rather than battling wills with her, using a teenager's tools as I had been all along.

Perhaps most magical of all, I am now aware of the present...of the me who is here and now. I'm even aware of this for my children. How important it is now for me to think that I want to help their current ages and mine to be as happy and healthy as possible.

And it's definitely a journey, but one that with Becky's inner family group I did not have to begin alone. Now I know that I'm never alone.

My inner family is no longer a theory but a living source within me who I see as my record keepers and guides when I come up to any obstacle. **Heather M.**