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Sweet Remembering: How to Restore the Lost Parts of Your Soul

- Why have almost all of us forgotten who we are?
- How do traumas in our lives cause us to remove parts of ourselves from the world?
- What parts of yourself have you withdrawn from the world?
- How can you restore those missing parts?

Participant Comments

"All my life I have felt 'half'--half living--and now I have a place to come to feel whole."

"At the end I felt so completely whole, content, and filled with joy."

"A beautiful experience. I recommend it to everyone!"

"Stephen Paul invites us to connect with that great, powerful light that resides in each and every one of us. The experience he guides us on makes it safe, real and awesome to go to higher ground."

Stephen Paul practiced psychology in both academic and private practice settings. His work has always focused on bringing our inner lives and our outer worlds into harmony. He currently lives in Salt Lake City and writes and speaks about living more simply, harmoniously, and respectfully--more in line with Spirit. His new novel, *Hollow Bones*, follows the characters on a spirit-directed journey to fulfill ancient Native prophecies and give birth to an exciting new world.

