

Tanis Day PhD

The Role of Sub-Personalities Jan. 22, 2006, Kitchener



When you answer the phone and it's your Mother, does a sub-personality arise to help with the experience? The Dutiful Daughter, the Prodigal Son, the Rebel? It seems a rare occasion when we engage with the rest of the world from our real, authentic self. Instead, we each have a complex cast of characters we've created to help carry the load.

In this workshop you'll investigate your major sub-personalities and the roles you assign them in your daily life. You'll uncover the obvious ones, and the oh-so-subtle ones that almost seem to be your authentic nature itself, but aren't! Then you'll discover what it feels like to engage freely in any situation from your true self and the sub-personalities can retire!

This is a playful day, full of the voices of the inner theatre. Come prepared to engage deeply with your hidden self!

Tanis Day has created a unique approach to guiding people to living with awareness of their own energy fields. She has taught a wide variety of pioneering workshops on topics relating to energy awareness, healing skills, and spiritual enlightenment. Tanis has a PhD in Economics and taught at Queen's University for twenty years.

Tanis blends the clarity of the higher mind with the devotion of the deep heart in a grounded mix of intelligence and intuition. She trained extensively in energy healing modalities, and completed a four year program to become a Certified Advanced Energy Healer. Her book, *The Subtle Self: Living from the Non-Physical Dimensions* will be available in Spring 2006.

For more information please visit TanisDay.com.

Location:

148c Weber St E (in the Nichol's Plumbing building) Kitchener Ontario N2G 1Y1

Time: 9:00 to 4:30

Fee: \$95 plus gst

What to bring: Writing materials, lunch, any personal items you might want. Snacks, chairs and backjacks are provided.

Directions:

From the 401, take the Hwy 8 exit. Hwy 8 turns into Hwy 86 North, stay on it to the Frederick St exit. Turn right at the end of the exit ramp, and again right onto Frederick St. Go 3 traffic lights to Weber St, turn left. Go almost 3 traffic lights to the sign for Nichol's Plumbing on the left hand side. Turn into the driveway and go to the wooden building behind the houses.