



Imago Inocente

# Being Well

## AN INTEGRAL JOURNEY TO HEALING

**Do you struggle with chronic illness?  
Do you care for someone with a chronic illness?  
Are you a health practitioner who deals with chronic illness daily?  
Are you looking for healing?**

**Six Weekly Workshops with Imago  
From Thursday 13 September 2018  
10am – 12noon**



**Cornerstone – Whare Karakia o Manako**

**[144 Kerikeri Road, Kerikeri](#)**

## What is a chronic illness?

It is any condition that continues over a period of time:  
auto-immune disorders, a fatigue syndrome, diabetes,  
obesity, chronic pain, genetic disorders, and many more.  
*Anything that requires managing.*



**Come and learn to navigate the  
journey from being limited by your  
chronic illness/es to being healed**

*For free tickets search [Eventbrite](#) Being Well: An  
Integral Journey to Healing or ph 094078250 opt. 2*

*Please come and join me: only pen, paper and an open mind required. Payment is by  
Koha. Chronic illness can stop us working and stretch our finances: hopefully a Koha will  
make the workshops accessible to all.*

*Imago Inocente*

## **Chronic illness is an epidemic in our society today.**

**These Workshops will help you learn to:**

- Map the territory of your illness
- Use a new tool that shows you the fullest picture of yourself, your loved one or your patient and how that can impact the illness
- Meet others with similar challenges and find support
- Choose the best practitioners and therapies for you
- Work both with and beyond the systems presently available
- Receive access to useful resources and strategies
- Feel empowered in your healing journey; know your illness is seen
- Take back control of your life
- Have fun, get curious, gain confidence in your amazing self

Imago is an Integral Life Practitioner and Coach. She has lived with multiple chronic illnesses for the past 40 years. Her husband also has a chronic illness. It's been a family affair. As she journeyed to find the answers which would help both her and her husband she tried all sorts of weird and wonderful therapies and practices, educating herself along the way. Childhood trauma, misdiagnoses, family and cultural judgements about why she was sick, if she indeed was, were an everyday experience. Many of these experiences are common for anyone with chronic illness.



Eventually this journey led her to the Integral Theory philosophy of Ken Wilbur, then on to Lynn Fuentes. Both are dealing daily with chronic illness and their work has had a life changing effect on Imago. Now she is well enough, she wants to share her learning with you.

**This cutting edge Integral navigational tool has enriched her life and she hopes that by sharing it, you can do so for you too.**

