



# Tiger Mountain Counseling

## Four Agreements Group

*Do you feel like you are wearing a mask, unable or unwilling to show your real self to the world?*

*Do you fear or others' judgments and find yourself holding back from speaking your truth?*

*Do you take things personally and let what others say about you create drama in your life?*

*Do you find yourself making assumptions about others' motivation and intentions?*

**Good news:** there is a way to live a life filled with integrity, love, freedom & happiness – one that we will be exploring in this group. During this online program, we will explore how the principles in Don Miguel Ruiz's book, *The Four Agreements*, can change your life.

Ruiz's book has sold more than 8 million copies and has been recommended by luminaries like Oprah Winfrey. It is a simple yet powerful guide based on the ancient spiritual wisdom of the Toltec people.

The Four Agreements will help you to develop the courage to take off the mask that hides you from the world and step into your true self. You will have the opportunity to experience the power of honesty and integrity and learn how it can create deeper intimacy in your relationships and freedom from drama.

### Program Structure

This group will be held on Wednesday nights from 6:30 – 8:30 pm Pacific time, on the following dates: Oct 7<sup>th</sup> & 21<sup>st</sup>; Nov 4<sup>th</sup> & 18<sup>th</sup>, Dec 2<sup>nd</sup>, 16<sup>th</sup>.

### Weekly Themes

Each week, we will focus on a theme and related exercises:

#### 1. The dream of domestication.

When we are children, our parents and other people teach us to dream the way the society dreams. We lose awareness of our soul's unique dreams.

2. **How our beliefs limit our power.** The power of our intent, our will, our faith, and our love, is trapped inside a rigid structure of beliefs. This leaves us with little power to change.

#### 3. How to awaken from our dreams.

The function of the human mind is to dream, but we have learned to dream without awareness. Once we are aware that we are dreaming, we awake from the dream and recover our power to live the life of our heart's desires.

#### 4. Consciously choosing your beliefs.

Using your will and attention you can choose to believe what you want to believe – including yourself.

To register call 425-281-1829 or email [jenny@tigermtcounseling.com](mailto:jenny@tigermtcounseling.com)

**5. Change your actions and reactions.**

Every choice you make has a consequence. When you change the action, you change the result, and you change the dream of your life.

**6. Surrendering to the present moment.**

Learn how to live in the present moment instead of the past or the future. When your attention is in the present, you enjoy life more intensely because you are fully alive.

We will also incorporate teaching about the victim triangle and other powerful processes to help you establish more effective boundaries and step outside of co-dependent relationships.

**Why a growth group?**

Growth groups provide a safe environment that will help you to grow farther and faster in your healing work – while providing a confidential and conscious community.

Many members find deep, long-lasting connections with their group that continue well beyond our groups.

**Group Costs**

We will bill your insurance for the group. *If your insurance does not cover groups, the cost will be \$50 per week (with a sliding scale available).*

*Note: Participants will be screened by Jenny or Tom via a brief phone call before acceptance into the group.*

*Participants must commit to attending and paying or having their insurance billed for all 6 weeks.*

**Group Leaders**

This group will be facilitated by two highly trained Heart-Centered Hypnotherapists – Jenny Frank-Doggett and Tom Doggett.

Our role is to help create and maintain the safety of the group and guide you through the healing process.



**Jenny Frank-Doggett** is a Licensed Mental Health Counselor and a Certified Advanced Clinical Hypnotherapist. Jenny has been an individual and family psychotherapist since 1995. She holds a Master’s Degree in Counseling Psychology and is currently obtaining a practitioner certification in the Feldenkrais Method.

**Tom Doggett** is a licensed Mental Health Counselor, Hypnotherapist and Certified Transpersonal Life Coach whose goal is to help others find their true purpose in life. Tom holds Masters Degrees in Business and Clinical Mental Health.