



Take off your Mask – live (the workshop)

Brief summary of my Book and workshop

Bibi Farnham - Live happily ever after. The title became a signature talk and brand name for me. It is all about my ministry (inner healing ministry) to teach woman how to get in touch with them selves and to find the core of who they are.

My job really starts the morning after the night before...when life is not a fairytale anymore when we have to get through every day. I write and speak about how to use a simple tool to do this, to clean up and clear your "messes" and then to live from a place of wholeness.

Easy understanding, no hardcore theological or psychological stuff, just simple real life living. Using my life as a backdrop, using my experiences to allow the reader and participant to really "conduct open heart surgery on them"

"Give one-step towards God and he will give a thousand steps towards you..." a silver thread that runs through every chapter and through each module in the workshop.

The workshop and book will show participants and readers how I cleared my baggage that I carried with me for years and how it finally helped me to live the life that God wanted us to live,
So it is really about when I stopped and said Ok God I am turning back to you...I gave one step towards God ...and how miraculously God turned to me and gave a thousand steps towards me,

I turned to God and started peeling away layers of hurt and blockages in my life to finally arrive to the place where I can look up and see God's face again.

My vision then that **one heart at a time will heal.**

One concept that I do bring across strongly is, that it is not about reading about something what makes you loose weight, become whole, find peace...it is about doing the work on your self. So one heart at a time will be healing.

The book and workshop will be best suited for a **female audience.**

Regarding Age, I try not to be so holy that nobody will be able to relate, I give my true and honest feelings, the medium I suggest for healing is starting your own blog and this will allow a much younger age reader to participate.

The ideal "client" is a Christian woman, who has been around in life, who has walked a mile. Life has not always been kind to her; she has many unresolved emotions in her. She is maybe divorced. Alternatively, she is in a marriage that is not fulfilling, she gave up all her dreams, she feels like "what must I do..."life is passing me by and I am not happy". She is wearing a mask...the world thinks she is happy and content, she is doing all the right things but she is not.

She cries when she is alone, she hides her disappointments from her family and friends and she wants something more.

That is the woman I want to reach, a real woman with a heart for God but who has lost her way.

Motivation

Some coach, therapist or "guru" guided us all ... to write a journal then Julia Cameron published her "The Artists way" and we all started suggesting to our clients to write morning pages....

I have been for years telling my clients the value of writing morning pages. I experienced myself how it helped me to become more creative. However, from time to time, I had clients who said- "I am not an artist, why must I do it and so on..."

Then I moved to Chiang Mai, Thailand to work on a missionary project and to provide member care to missionaries in the field. I was retrenched in Dubai from a high paying job and I had to move back to South Africa after years of living abroad. The entire 2010 has been a very challenging time for me. I managed to stitch myself nicely together to travel and embarked on the appointment I had with God.

So suddenly, I was at the bottom of the food chain again in Chiang Mai. I moved into a small room in a guesthouse, in not such a nice area. Faced with a huge culture shock -even though I traveled the world. I struggled with the food, the smells in the street. The noise, expensive taxis and to scared to go by bike so I end up walking everywhere. It was really a story from the "mighty fall" or from "riches to rags".

One thing that I knew for sure was that God would show me why I had to come to Thailand, or He would open something for me that will become the path of where my life will lead from that place forward. I authored a book in the beginning of 2010, "How to be a plus size model." I present my signature workshop, "princess principles" and do guest speaking, "Princess Bibi...live happily ever after." All this material is coming down to one thing and that is: enhancement for woman", "finding yourself". "Going after your dreams and lost passions". It has been part of my Journey for many years to reach out and to help woman.

Therefore, I started a blog as soon as I arrived.

My blog started to be a communication tool to my best friends. Before hand, I agreed to be very frank about every emotion...kind of, "one woman's path to freedom..."

I used images to stimulate my writing like the picture I added that said -"No pain -no Gain", and I figuratively vomited out what ever came in my head, what ever that image made me think of and I started to write about it.

Then I have to edit, fix it up, clean up the writing, go over and over it until it is ok to post, then I will go through it one more time, reading it out loud to myself and then finally it was time to post it.

Something happened I became very insightful into my emotions. I realized that every time I write about something then it reminded me about something in the past and so I linked the present with the past and on some incredible way healing started to happen. (The basic, counseling model)

This process became such a deep healing tool that I myself was astonished in what was happening. I am a counselor and realized that what I am doing is busy creating a huge shift in my life. The more I wrote the more I started getting deeper and deeper into stuff. I found myself becoming more and more focused on what I am writing and felt guilty if I did not post every day. Most of the times I realized it is just my own stuff, stuff that was inside me for years, unresolved stuff, unforgiving stuff, repressed stuff. I kept writing, writing, and more and more cleansing took place. Sometimes I received answers about questions that were always in the back of my mind.

I cried with every post... I cried more when cleaning it up, cried more when editing the material and so on and so on and by the time I finally posted and emptied out, I was cleaned out.

More cleansing happened, one subject lead to another. My situation helped me to cry out to the Lord and the Lord started taking control of the topics and started leading me to the healing path. For example, it was not at all my attention to write about spiritual warfare but it came up and I started, researching, healing braking demonic ties.

I love walking a labyrinth and I was over the moon to find one at the Seven Fountains to walk. I saw that the writing every day brought a lot of discipline into my life and I definitely felt the most creative I have ever felt in my life.

Then my friends started to write comments on some of my posts, on the blog or privately on e-mail and this became a huge soundboard. Some comments touched them and they shared a story, on other occasions they would just cheered me on for being so brave to clear this stuff. The acknowledgement and confirmation I received from this became a wonderful warm balm for all the healing.

Then somehow I started looking like the picture I was after. I am filled with the Holy Ghost. My language changed. My words became Godly inspired. I am

Transformed and that is where I always want to rest at. I can never again write material without it been bathed with the spirit of God.

Then out of nowhere I felt it, I got it, this is the one thing that I have been looking for, this will become my tool, my book, my teaching my testimony. A simple tool for woman...to heal.

Purpose

In the financial crisis we live in currently, we do not have the money to pay for expensive counseling. Sure, we can all use some form of de-briefing. We have so much "stories" in us that is preventing us from living full and abundantly. We need to get the garbage out to be complete and here I am experiencing this incredible tool.

This is real "wax on, wax off" stuff.

You can pause and play anytime you like. The minute you start writing is an instant igniter...to get right down to the deep stuff. You will find your life becomes a meditative process... (While you driving, preparing food, and going for a walk). You meditate about what you will say; how you will say that, you think what to link it with and without you knowing you busy doing unbelievable healing on all different levels.

You find scripture that goes with your healing, you search for a song and listen to the words, you search for a picture to capture an emotion and you keep peeling away layers of hurt and unprocessed feelings. While using all your senses.

I have been self-counseling for around 60 days non stop...work that out how many counseling hours would that cost you.

We sometimes get up, we feel great, we have an awesome day, and we feel..."I can live happily ever after". But just like that you can feel rotten and you feel like crying and you feel a bit needy and "why is life like that"...and that is why I said it will not end...life - your life, your emotions are a constant organic process it needs a bit of healing every day.

What will Participants get from reading the book and attending a workshop

This is a gift to you, your own "conversations with God". A Godly inspired story of healing. The biggest gift you can give yourself and that is time for yourself, time to reflect, time to restore yourself, time to process emotions, time to recharge, time to get back your passion. Time to find your way. Time to love yourself, time to hear what God is telling you.

So what will yours become, what will it open you up to, what will you be if you totally and utterly devote your life to God, to turn to God and say. Let go and let GOD.

You have to put the hours in, it is not like my friend Timothy Ferris's "The four hour work week" no this is putting the hours in every day, you can't replace yourself like John Jonas in Replacemyself.com you have to do the writing yourself. You have to have guts because it is more then Richard Carlson "Don't sweat the small stuff", it will require sometimes taking on the big guns. You cannot leave this to the very efficient PA. You have to do the crying, cleansing and healing yourself.

The workshop and book is for:

Woman of all walks of life, in any situation. It is for normal day-to-day woman, woman who knows the Lord who has lost the path.

It is also for non-believers who happen to find a copy of my book and see that in spite of all our trimming we cannot be anything if we do not give ourselves totally to God.

I have tested the material on Hindu, Moslem and Buddhist woman and the feedback on letting go and let God - was as powerful to them as it was for the pilot audience who is Christians

What are we proposing?

We would like to host a workshop in conjunction with you.

The workshop can be used for fundraising and we would very much like to discuss to see how we can make this work for both parties.

If the audience is bigger then 35+ then we would require sound. The sound team must please make provision for me to use a country style "type" microphone.

We would require a Data projector for the presentation.

The logistics can be discussed once we agreed on how we would present this.

You are more then welcome to enhance the workshop with your own praise and worship team. We need to discuss the time limits for this

The selling price for the workshop will depend on the refreshments that will be served to discuss...

Joint marketing efforts need to be discussed.

I am sure the above information will help you decide if you want to host a workshop where people will say..."this was something different". My ministry is to keep enhancing...We also offer a 21-day support for each participant after the workshop. This is all included in the price. We offer this because we do not want people to attend and then go cold in a day or two...we want to keep changing lives and changing stories and healing hearts.

We looking forward to your comments and feedback

Bibi and Team