

## We all need a little fresh AER

With the AER stress reduction process

- You do not have to discuss the causes of your stress in detail
- You don't have to understand why you are stressed - you simply let that stress go!

AER is easy to learn and use, and produces stress reduction breakthroughs in minutes.

AER consistently and repeatedly provides profound & substantial stress reduction results for people from all walks of life.

AER is truly integral in nature, providing healing at the mind, heart, body and soul level.

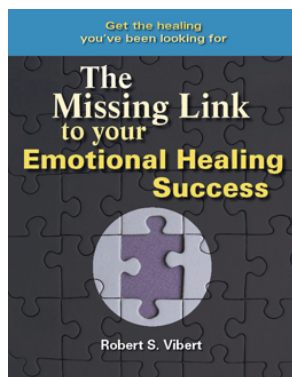
*"When I first worked with Robert Vibert using AER, I really didn't have high hopes for success. Over the years, I have spent thousands (sometimes I feel like it has been millions!) on personal development and self help books, workshops, DVDs, CDs etc. and have never truly achieved the results I was looking for. I was a woman who was living to 78% of my potential and this was very stressful.*

*With AER, I didn't have to figure out the reason, I just needed to be in touch with my present feelings and let them go. That in itself is priceless. Since being introduced to AER, I can use it to handle whatever stress comes my way with clarity and am more in tune with my emotions. I am also happy to say that things are coming together and that my light is shining brighter each day."*

**Andrea Burke**

*"After Robert Vibert used the AER process to work with me concerning a specific situation that had caused me a great deal of anxiety, I no longer felt any anxiety over it - it had lost all the charge. I recommend people try AER to deal with their stress. I use AER regularly on myself."*

**Jill G., Psychotherapist, Vermont**



AER was developed and is presented by Robert S. Vibert, author of **The Missing Link to your Emotional Healing Success** as well as several other books on getting the success you want in your life.

Since 2001, Robert S. Vibert has been a "big-picture" researcher of techniques and methods developed both in ancient and modern times to provide awareness, guidance, healing, and insight. He studies how our hearts and minds work, and how we interact with each other and internally with ourselves. He then applies this research in the real world, helping people obtain more peace in their lives.



Space in the workshops is available on a first-come, first-served basis. Participants should bring a notepad and pen or pencil. Each workshop consists of 2 sessions of approximately 3 hours each, usually on the same day. Level I and II workshops are \$125 each; GST at 5% is additional.

The organizers reserve the right to limit the number of participants in any workshop and to cancel an event due to extenuating circumstances. Deposits will be refunded. All fees must be paid in full 5 business days before the start of any workshop you attend.

To find out details concerning upcoming workshops or to register, please visit [www.vibert.ca/aer.html](http://www.vibert.ca/aer.html)

# Discover a **New** **Freedom** to Live Your Life Fully With much less **Stress**

Many of us would really like to have more **peace** in our life...

... and now we can!

## Time you learned how to

- **reduce your stress, and**
- **get more enjoyment in life?**

**The AER (Awareness, Expression, Resolution) process is all about obtaining freedom and peace in your life.**

AER is easy and non-invasive, and allows you to actually **let go of stress and move on with your life**. In this workshop, you'll learn how to release stressful 'stuff' that has been getting in your way. AER takes you deeply into the resolution of your stress.

AER was developed through extensive research into what techniques produced long-lasting results in a shorter time and a more effective manner.

AER is a process that can allow you to actually **release stressful feelings, thoughts** and other emotional “stuff”. It is simple but powerful and empowers you in the face of stressful situations.

Robert S. Vibert developed AER after extensive research into dozens of stress reduction and elimination processes, during which he identified their most powerful and functional components. AER draws upon the best and latest research into psychology, brain neurology, meridian energy healing, deep focussing, whole body awareness, goal

building, post-resolution insight and re-framing, and elements of traditions such as Yoga and meditation.

## Workshop Learning Goals

### Learn How to

- Identify stressful emotions and thoughts and then release them
- Use the power of the mind-body connection to speed the release of stressors
- Use simple but effective techniques to reduce stress in minutes

Being a practical course, you will experience the process yourself so that you can understand it from within and relate to it from the mind-body perspective. Bring your stress with you and watch it dissolve away!

## Workshop Contents

- Learn about how stress is created and stored inside you and how easy it is to release the stress, once you know how
- Experience the AER process first-hand. Stress from relationships, issues & problems will be reduced dramatically or eliminated.
- Learn to apply AER on stressful problems that arise.
- Practice applying AER on yourself

## Workshop results

At the end of each workshop, you will have experienced the AER process numerous times and learnt how to apply AER on yourself. The Level I workshop is intended for self-use only, and is not sufficient training to regularly work with others using the AER process – this material is covered in subsequent Levels.

## Benefits of AER

Using AER, you will have greatly improved control over your life, especially in the areas of

- eliminating stress-related anger
- anxiety management
- increasing sports performance
- managing addictions which arise from stress.

***SIGN UP NOW  
AND GET RID  
OF YOUR  
STRESS!***