

# The Q Process™ Workshop with Dr. Gary Simmons

## April 8-10, 2018

### Unity of Mesa, 2700 E Southern Ave, Mesa AZ 85204

Sunday, 4:30 – 6:30 PM, Monday & Tuesday, 6:45 – 8:45 pm  
 Cost: \$75 before March 18, 2018, or \$95 at the door



How would your life be different if you lived it as if everything was always FOR you? When you inadvertently have someone or something against you, it is easy to become triggered. When this happens, your reactions are consistent with whatever limiting belief is predominate in your consciousness. But what if how your life looks or feels has nothing to do with what's happening in the outer, but has everything to do with how you are BEING in the moment?

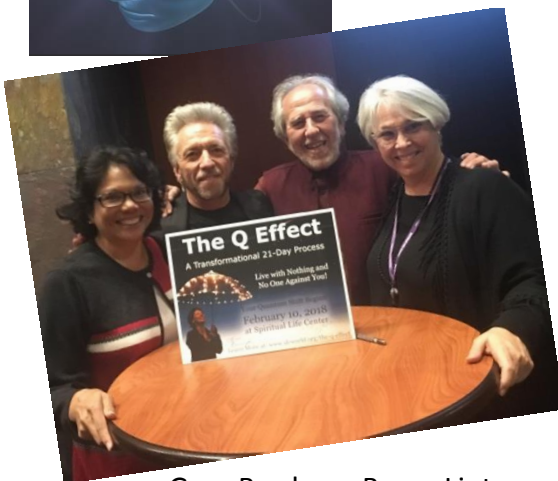
This workshop is about mapping your own default self-system and the patterns of behavior that keep you trapped in ways of being that no longer serve you. If reacting to judgments, needing to be right, or having to have things be a certain way are behaviors that tend to dominate your life or prevent you from fulfilling your dreams, The Q Process™ will empower you to transform your self-imposed limitations and create the life you deserve.

Join us for a powerful workshop and experience the Q Process™ spiritual practice designed to shift your consciousness and your life!

\* Workshop fee does not include optional online debriefing



Dr. Gary Simmons is co-founder of the Q Effect and co-creator of the Q Process. He is author of *The I of the Storm, the Soul's Conspiracy* and has won the personal praise of world renowned theorist, Ken Wilber, for his impact in New Thought.



Greg Braden – Bruce Lipton and friends

### The Buzz about the Q Workbook & Workshop



*"With great clarity and originality Simmons and Bonario have created an effective guide that people from all cultures and spiritual backgrounds may apply..."*  
**Michael Bernard Beckwith**  
 Author of *Spiritual Liberation*



*"Simmons and Bonario have created a clear pathway of principles and practices that can powerfully transform lives and propel people into a completely new relationship with life."*  
**Rev. Howard Caesar**  
 Senior Minister, Unity Church of Christianity, Houston, Texas



*"I highly recommend Rima E. Bonario and Gary Simmons and the processes they have laid for us with such loving care..."*  
**Barbara Marx Hubbard**  
 Foundation for Conscious Evolution



*"The Art & Practice of Living with Nothing and No One Against You is pure inspiration. It is the workbook to end all the working at living."*  
**Dr. Roger W. Teel**  
 Senior Minister, Mile Hi Church Lakewood, Colorado



*"Dive in! Use this book to find out who you came here to be and how to live from that place with compassion and joy"*  
**Cindy Wigglesworth**  
 President of Conscious Pursuits  
 Creator of the Spiritual Intelligence Assessment



*Brilliantly conceived and beautifully delivered, the workshop is an engaging and enlightening experience that meets us where we are and beckons us to delve deeper."*  
**Frances Fujii**  
 Entrepreneur & Consultant