

Stephen van Basten

Officiating at Defining Events and Facilitating Personal and Spiritual Growth

The Life-Skills Experience

LIFE is a quagmire of do's and don'ts.
Of yes's and no's. Should's and should not's.
Of nice people, and horrible people.
Of people who like you and people who don't.
Family that annoy you and strangers that just accept you.
Of work and play, ecstasy and devastation, love and hate, health and sickness.
Of dominating and being dominated.
And doesn't LIFE have a strange way of turning out differently to what we expected?

Dr. John Demartini defines depression as, **“When one compares reality (what has happened) with one's fantasies of what one expected to happen”**.

And while we may not all be depressed, we all certainly experience disappointment at some time or another. Some of us are equipped to handle stress better than others.

This Life Skills course will:

- Assist you to see LIFE in a new way.
- Give you tools with which to interpret what is happening to you in a different and more manageable way.
- Assist you to feel more connected to who you are and what your purpose is in life.
- Consider and debate a different perspective on the meaning of LIFE
- Connect you with the rest of the human race in ways you never deemed possible.
- Will give you new insights into yourself and your true potential.

High Value Determination Exercise

- Understand the theory of values and how they influence you and your decisions
- Find and understand your personal hierarchy of values
- Realise what's really important to you and what that means in **your** life

High Value Area Exercise

- Understand the theory of high value areas and how they come into play in a marriage
- Find and understand your personal high value area
- Realize what's really important to you and what that means in **your** life

The Dynamics of Stress Exercise

- Understand the 15 fantasies and delusions that give rise to the ABCD's of negativity and depression in a marriage: Anger/Aggression, Blame/Betrayal, Criticism/Challenge, Despondency/Desperation
- Understand how the 4628 human traits interact in your life
- Discussion on how this works in your life
- Where do you have unrealistic expectations of yourself?
- Where do you have unrealistic expectations of your spouse/mother/father/children/boss/God/past/present/future?

The meaning of Life and A great discovery

- Philosophical discussion on the meaning of life
- Discovering that nothing is ever missing

Personal Development Exercise and The Demartini Method

- Recognize the 5 things you love about yourself
- Recognize the 5 things you hate most about yourself
- Equilibrate/Balance/Neutralize the main issues in your life

Package Cost:

<u>Full price:</u>	R2200-00 based on R550 per hour over 4 hours [see full breakdown below]
<u>Introductory Special:</u>	R1800-00 (save R400)
<u>Wedding package:</u>	R1600 per couple (save R600) [if I conduct your wedding ceremony]

Please note that this is **not** a group course.

The Life Skills Experience is conducted with one person at a time allowing maximum focus and individual attention.

Venue:

Your home or any suitable venue

Bookings:

Contact: Stephen van Basten

Cell: 083 231 0445

Email: counseling@stephenvanbasten.co.za or stephen@stephenvanbasten.co.za

Availability:

Call or email to make a booking.

Workshops are conducted during working hours, after hours or over weekends.

Note:

Modules may be split up and done in separate sessions as required.

Individual modules may be done instead of the full course.

Module	Time	Cost @ R550/hour
High Value Determination Exercise	45 min	
High Value Area Exercise	45 min	
The Dynamics of Stress Exercise	30 min	
The meaning of Life and A great discovery	30 min	
Personal Development Exercise and Demartini Method	90 min	
Total	4 hours	R2200-00

What people are saying about The Demartini Method:

Dear Stephen

Thank you so much for the time you spent with me last Wednesday. Since then my world has become a much more exciting and interesting place. I have challenged your theories daily and as a result have explored many mental paths I didn't know existed. Testing your assurance that 'nothing is EVER missing', I have starting to look within myself only to find what I thought I didn't

possess. I would love to spend more time with you to work through the Demartini Method when things settle down so please send me the details.

Finally, I saw this in a presentation the other day and thought it quite apt:

*"If you think of this world as a place intended simply for your **happiness**,
you find it quite intolerable.*

Think of it as a place for training and correction, and it's not so bad."

From: Alice in Wonderland

C.S.Lewis

Have a wonderful weekend!

Warm regards, Juliet

Dear Stephen

Thank you for your time, wisdom and love – and for teaching me so much about human nature, relationships, myself and particularly, my mom.

Although you learnt the method from Demartini – its your beautiful soul that makes the experience so insightful and valuable.

Thanks again, Jo-Anne

Dear Stephen

I wanted to attempt to put into words the profound effect that you, in conjunction with the Demartini Method, have had on my life.

Today, 25 September 2011, is the first time in 7 years that I woke up on my late son, Kyle's, birthday feeling bubbly and at peace with his passing.

The Demartini Method for Grief assisted me to see the other side of his death and realize that nothing is ever missing.

I must be honest that I was very skeptical when we started our first session.

You then proceeded to blow me away with the questions you asked and the way they forced me to think and to see things in a new light.

Who would have thought that there were benefits and drawbacks to every trait and every situation?

The subsequent sessions were just as helpful and I must say I now find myself automatically equilibrating issues as they arise.

The full collapse we did on my dad was unbelievable. We both healed immediately. Thank you for those 4 hours. More recently, the full collapse we did on my daughter turned our relationship around dramatically. Another 4 hours well spent!

The session we did on low self-esteem gave me new insights on why I carry excess weight and although that was not the focus I subsequently have lost a lot of weight. I have gone from a size 18 to a size 12 and am still losing weight nicely.

Then of course we addressed smoking and while I have not stopped completely, I now smoke 7 a day compared to the 15 before the session.

Let's do some more work on this please.

Finally, thank you for encouraging me to attend the Breakthrough Experience. That certainly got the theory into my head and I now truly see the value of the methodology. I collapsed my husband and lo and behold our relationship has improved drastically. On top of all of that, the Breakthrough Experience is now assisting me in my business too.

Once again, my deep felt gratitude. I feel honored and inspired to walk this journey with you.

Nina Collinge

**** Stephen van Basten is a Trained Demartini Method Facilitator.
He is a student of Dr. Demartini and his work and draws much inspiration from such in this workshop.
Stephen has many years of experience in business and life in general,
is a philosopher and Truth Seeker and a great teacher.
Stephen has been married for 20 years and has a daughter of 16.***