

**New Life Center**  
**805 Hardy Street**  
**Houston, Texas**  
**713-227-0316**



Becoming more real and genuine in your relationships is a gift you give to both yourself and to the others in your life. **Try it! You will like it!**

"Codependence is a very vicious and powerful form of Delayed Stress Syndrome. . . Codependence is being at war with ourselves - which makes it impossible to trust and Love ourselves. Codependence is denying parts of ourselves so that we do not know who we are. Recovery from the disease of Codependence involves stopping the war within so that we can get in touch with our True Self, so that we can start to Love and trust ourselves."

"In order to start being in the moment in a healthy, age-appropriate way it is necessary to heal our "inner child." The inner child we need to heal is actually our "inner children" who have been running our lives because we have been unconsciously reacting to life out of the emotional wounds and attitudes, the old tapes, of our childhoods."

"Codependence deals with the core issues of the human dilemma. Codependence has grown out of the cause from which all symptoms arise. That cause is Spiritual dis-ease: not being at ease, at one with Spiritual Self."

"We are not sinful, shameful human creatures who have to somehow earn Spirituality. We are Spiritual Beings having a **HUMAN experience.**"

## Make New Friends!



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"The point that I am making is that our understanding of Codependence has evolved to realizing that this is not just about some dysfunctional families, our very role models, our prototypes, are dysfunctional. Our traditional cultural concepts of what a man is, of what a woman is, are twisted, distorted, almost comically bloated stereotypes of what masculine and feminine really are."

"It is necessary to own and honor the child who we were in order to Love the person we are. And the only way to do that is to own that child's experiences honor that child's feelings, and release the emotional grief energy that we are still carrying around."

**Join Us for Group Meetings**

**A Formula for Recovery - for Empowerment, Serenity, and Freedom**