

Do you want to feel
fulfilled, inspired, empowered?



ProFundity



"the workshop that gets you back to happy"

Re-ignite your important personal dreams
Jump easily from Invisible to Effective



It's no fun at all – when you feel invisible.

Women over 50 face personal challenges. Sandwiched between the needs of children and aging parents. For many, their own hopes and dreams somehow get continually put on hold.

- On a good day - I feel important, as a mum to my children. I feel worthy as a good wife to my partner. I feel dutiful and grateful to be able to be a helpful, caring daughter for my parents. And I am pleased to be there for them; but sometimes I long for some 'me time' beyond an afternoon trip to the shops or the movies.

I mean real "me time" that lets me explore and pursue the plans I had for myself once upon a time. What I always intended to get back to after having given most of my adult life to serving others.

- It is painful to feel invisible. It was bad enough when I stopped catching an appreciative eye, and the fashion industry no longer made an effort for my age group; now-a-days I only feel visible to my family- and sometimes not even them.
- I want to see and be my 'self' again.
- I want to be visible as the creator of something that I value. I want to be a viable and useful member of society. I want to be more than a care giver.

Sandwich Generation

"Just as the kids became independent – along comes Dad with dementia. He and mum need me, so I will just put off my dreams, again, whilst I care for them now." This is such a common scenario

Penniless and couch surfing

We've all heard the story of the long serving wife who is suddenly displaced in her partner's affections by a younger model. Now she is alone and often financially ruined- without super; and because the new wife, usually unwittingly, manipulates her ex, she is left with very little cash. Just to have a roof over her head she moves in with one of the children – its only temporary she muses; but often lasts for way too long. Everyone is uncomfortable with it.

I had a dream

It was a world where I had a role as a creative contributor, where my talents could shine and maybe even dazzle.

Be amazed to learn that dream is still alive! Discover it again in a structured discussion workshop which utilises the unique product Profundity – that is a pathway to your inner voice.

Here's what a recent survey found:

Eight out of 10 women over 50 think they have become invisible to men.

Seven out of 10 women in the study felt overlooked by the fashion industry,

Three-quarters of women in their 60s believed they had lost their identity by being labelled as a "mum".

Let's fix this - Let's come ALIVE again

Wouldn't it be fabulous ...

- To have someone to talk with and who is willing to share your dreams/worries with no vested interest whatsoever.

- To receive useful inspiration to act on/solve a current problem you are grappling with.
- To get authentic personal insight about what it is that will make a positive difference in your life.

Presenting the Profundity ALIVE Method

It's a workshop to get you back to feeling - living the life you dreamed as a child with authenticity and purpose.

Each workshop follows the five basic ALIVE techniques as outlined below. You will join just three other participants and all work together with a qualified facilitator.

The Entry Level Workshop is called "Detangle My Dilemma". It is presented as a full day session in Brisbane Qld and may soon be available in other locations or as a Zoom Workshop for remote attendees.

The workshops are designed as a friendly, supportive, structured discussion between the participants. The Profundity Method does not take the place of professional wellbeing services, but it does give you the opportunity to:

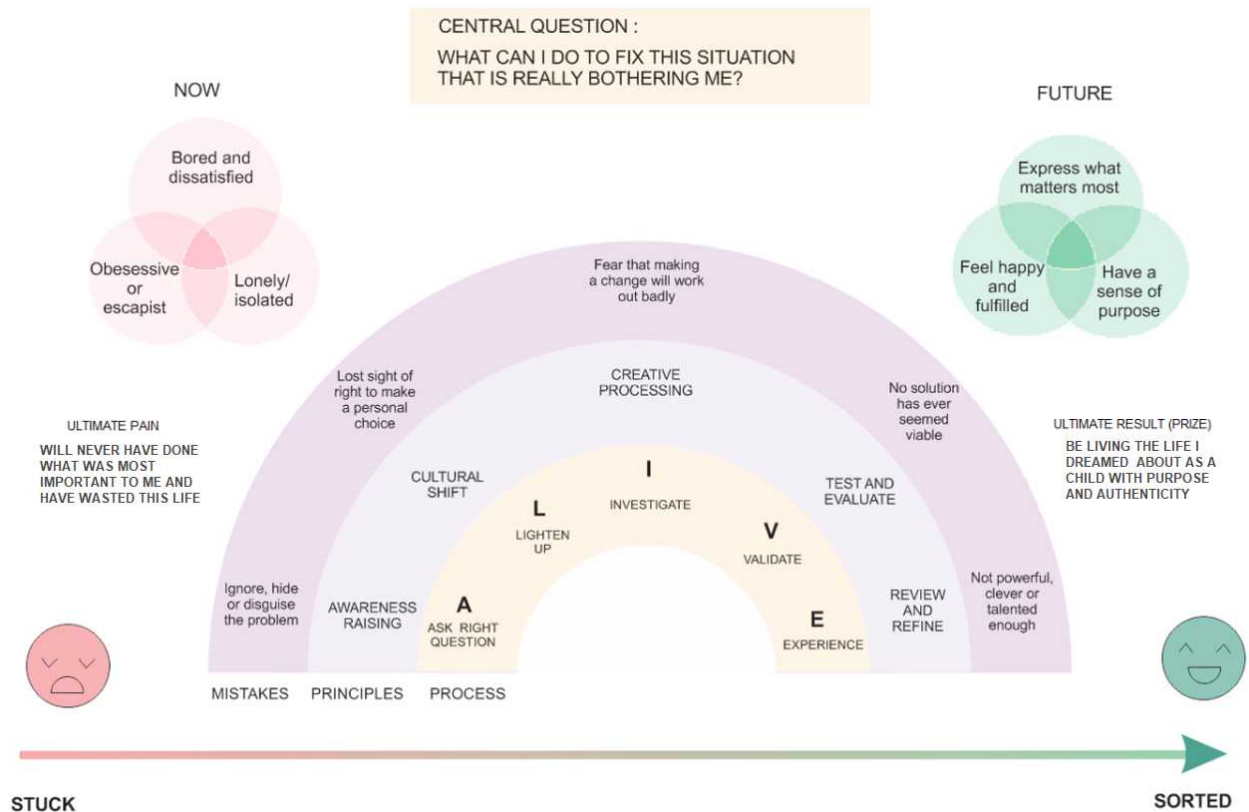
ASK your most pressing question.

LISTEN to the clues from your inner voice using Profundity's unique system.

INTERPRET AND INVESTIGATE each of five valuable clues.

VALIDATE and **V**ERIFY your interpretation for yourself with three sympathetic mentors by your side.

EXPRESS OUT LOUD the answer you have reached.



Ask

Often a problem comes into focus when you can formulate exactly what you want to know. This is a crucial part of the Profundity Method. A good question is one that's 'open' ie one that does not have a yes or no answer. There is even a prepared list of questions that you can use as a stimulus if you're unsure where to start.

There is no limit to the number of workshops you can attend so it might be helpful to spend your first session asking the question:

“What is it that I most need to know right now?”

Formulating your question can also take the form of a topic you would like to explore, and the question then becomes “What can I do to better understand my topic?”

Profundity is about you and only you. If you are having difficulty in a relationship, then ask “What can ‘I’ do to better understand person x?”

You learn a lot about yourself in articulating your crucial question. There is great value in sorting out the minor things from the major ones.

Occasionally some attendees like to ask a trial question that gives them a chance to appraise Profundity before revealing too much of themselves. Any approach here at the ASK step is fine. It is vital that you feel comfortable and protected.

You do need to feel very sure of your question because at every step of the Profundity Method you will go back to your core question. It is the focus of your workshop.

Listen

Before you can listen, it helps to be still, and allow your mind to be open. Too many of us have the habit of “listening to respond” rather than “listening to understand”. Listening to Simple Silence allows the mind to open.

To this end we begin every workshop with a quiet time. It’s an opportunity to centre ourselves and affirm that we will be fully present in the moment whilst the workshop is underway.

We close our eyes and focus on the breath and near sounds to slowly spread our awareness to relax and leave our day to day concerns for now.

We say the words:

Needs have solutions

Solutions exist

Within Infinite Intelligence

This time we now share is for connecting

With Infinite Intelligence

The process starts, and in due course, you reach the time for receiving the first of five clues that will help you to answer the question you asked. You will close your

eyes again so you can focus on listening which revisits the 'stillness' so that you can be truly open when you hear the wisdom of your inner voice.

Investigate

Because the Profundity Method has a unique and deliberately random element, the clues you gather will come in totally surprising and unexpected forms. The first part of the process involves sharing your immediate response to each clue you are given.

Spend a couple of minutes reflecting out loud about your spontaneous response. Let your ideas flow freely.

After a time, you will find yourself investigating scenarios that feel authentic and you will soon gain an understanding about the intent of your inner voice.

Listening too, are your fellow workshop attendees. They are part of your solution and in the next step you can ask for their support or insights.

Whilst this is the most challenging step in the Profundity Method it is also the most rewarding because it puts you wholly in touch with a rarely visited part of your 'self'.

Validate

This part of the process seeks transparency from you as the enquirer. You are encouraged to validate your thoughts by consulting and discussing the clues with your workshop partners.

You will invite them to add a comment, or thought of their own, to expand your understanding.

They have heard your question. They have watched your spontaneous response. They are in a supportive role - of focussing with you, and upon helping you reach an answer. Their inputs come from Infinite Intelligence too.

Hearing and responding to your inner voice, with kind and generous people around

you, is like being in the company of wise sages. The mutual respect factor is transformative for all parties.

Express

You have asked a question. Your inner voice has given you five clues which you have interpreted and validated with your fellow workshop attendees.

The purpose of the workshop is for you to reach an answer.

Now is the time to take in all the information that you have received and allow it to arrange itself into that answer that fits your need. You will say out loud what you have discovered. Your answer now exists. You now know what to do.

There is one more aspect of Profundity's secret sauce that emerges at this final point. The process is designed to assist you in taking your next step by providing guidance and helpful advice to move forward.

This last aspect of the Profundity Method ensures you are in accord with your authentic self. It helps foster trust in your 'self' to relinquish past habits such as people-pleasing or face-saving as can easily happen when we have spent a lifetime doing those things.

Is this for me?

On the next page is a self-appraisal quiz which will give you a good idea whether the Profundity Method might work for you.

Profundity has helped many people reach meaningful answers to their perplexing questions.

If you find yourself feeling positive about any of your choices below, please consider registering to join a workshop.

- My age group is
 - 20- 40
 - 41-60
 - 61 – 79
 - Over 80
-
- I identify as Male | Female

Please circle your best response to the following statements:

1. I would welcome a chance to explore and gain insights into a problem that is worrying me at this moment.

Not relevant | Not interested | It might be worthwhile | It might be fun | Very Interested |

2. I desire to grow into the person I dreamed I would become.

Not relevant | Don't believe it's possible | Not interested | Somewhat interested | Yes |

3. I want to explore and express my life's passion

Not relevant | Not interested | It might be worthwhile | It might be fun | Very Interested |

4. Personal fulfilment matters to me

Not relevant | No | Not much | Maybe/Possibly | Definitely |

5. I would welcome a chance to join a Profundity Workshop that allows me to explore and gain insights into the things that matter to me the most.

Not relevant | Not interested | It might be worthwhile | It might be fun | Very Interested |

About the Quiz

Attending this workshop is for women with courage.

Not everyone is quite ready to rely upon their own strengths. It is not unusual to be subject to belief systems or social conditioning that has yet to approve of women reaching their own decisions.

Here are some obvious obstacles.

- It is common to want to ignore, hide or disguise one's problems.

During the Ask part of the Profundity Method your awareness is raised so you can embrace the problem enough to ask for help.

- Many of us have lost sight of our right to make a personal choice.

A cultural shift needs to occur within, where you regain your self-esteem through quiet reflection. You reaffirm your right to hear your self.

- There is the fear that making a change will work out badly.

There is no guarantee that change will ever work out – well or badly. It is up to you; to stay where you are or take a leap of faith and allow your creativity to make worthwhile changes.

- There is a nagging feeling that no solution has ever seemed viable.

You can test and evaluate what you want to do as part of the Profundity Method. Stick to your purpose, ask your question, and trust in your wisdom.

- It is not unusual to believe we are not powerful, clever, or talented enough.

Self-doubt has a strong grip on many people. It is a mindset. Just as there is the mindset “where there is a will – there is a way”. You get to choose.

We do not dismiss such notions. But we are prepared to work with you in overcoming them. As women in similar circumstances our recognition of these obstacles is clear, and we know very well that transformation is demanding. We offer our greatest respect to those of you who are courageous enough to make a start.

Welcome.

Being Empowered Matters

Our world needs more great women

The world is changing.

There is a paradigm shift from a world where individualism and success is everything into a world where the success of the global human family and the planet we share, will be the greatest driving force that motivates great men and great women.

**For everyone who is passionate about
“making a difference”
you are invited to register now for
a Profundity Workshop**

SMS me on 0408 437 338 with your name and mobile number and I will call you back in the next 24 hours to discuss anything you need to know about the workshops – the workshops that focus on YOU and what matters to you. Or if you prefer please email me more@profundity.com.au

My name is Lydia “BB” Nielsen. I have lived 68 full and wonderful years and my great joy is helping people find their true purpose. I love beauty, all creative arts, the environment, justice and dignity for all people, and an end to war and poverty.

I designed and created Profundity – a project that started way back in 1985 - and I look forward to enjoying a Profundity workshop with you soon.



ProFundity

www.profundity.com.au

Call now 0408 437 338

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