

AWAKEN TO YOUR DESTINY!

I have been sober and doing well since leaving T.H.R.P. Not only have I not drank or used, but I haven't had any suicidal impulses, severe feelings with depression, or bad insomnia. I also got off (and stayed off) all my meds for depression and insomnia, which I tapered off while in the program. -- Kara, Arlington, VA

Before the program I was beating myself up with shame and guilt because of all the hurt I caused to others with my addiction. I was also fearful of the future. Now being present and conscious in my daily life, I have a personal joy that I've never felt before the program. I now live with a genuine focus on generous listening to my feelings and needs, as well as the feelings and needs of others. These skills have changed how I process fear, anger, sadness, and joy. Being real with myself has allowed me to be real with others. -- Jeff, Indianapolis, IN

My husband completed the program in 2005. It changed his life! He continues to amaze me daily. -- Peggy, Indianapolis, IN

I can safely say, without a doubt in my mind, that T.H.R.P. program goes above and beyond anything else available. One of the things that makes T.H.R.P. so amazing is that it gets at the actual root causes of the "problem". This program gave me the miraculous opportunity to heal the parts of me inside that were hurting so badly. I am now in touch with parts of me I didn't know existed; I'm loving myself more and more each day. I'm more connected with God/spirit/the divine and I'm more connected to my soul. -- Samara, Boulder, CO



www.totalhealthrecoveryprogram.com

Your journey into true wellness will be personally guided by our founder, Sadhu Singh Khalsa. He will reside with you and assist you daily to process and integrate the various aspects of your treatment during your recovery. When the soul takes a quantum leap in awareness and healing, the mind and ego become reactive and confused. The mind moves the fastest and then the emotions and lastly the body. Mr. Khalsa insures the integrity of the healing process as well as its fluidity so that you are not overwhelmed, but rather highly challenged. This is the art of the program. Mr. Khalsa provides a safe, sacred space and structure where you can begin to experience the resurrection process. THRP is truly an answer to many people's prayers

Mr. Khalsa has over 30 years of experience as a caring clinician, administrator, researcher, educator, yoga teacher and advocate for the disenfranchised. He has been a hospital administrator of a 100 bed psychiatric hospital in Chicago; program director of the only holistic natural healing residential treatment center for the chemically dependent in America; and recently, the Mental Health Bureau Chief for the New Mexico Corrections Department. He is a man of vision and heart and knows how to manifest superior treatment programs without comprising the integrity of the design.

Mr. Khalsa studied with Yogi Bajan, a spiritual teacher, for over 25 years learning how to apply spiritual principles in the healing arts—mental health, physical health and in the field of addiction. When he saw first-hand what can be done with the chemically dependent using all natural methods, he never wavered in his commitment to create more centers using superior diagnostic, assessment and treatment protocols. Total Health Recovery Program is the culmination of his years of research, exploring and networking which allows us to provide our clients with the best treatment program in the world.



**Begin your journey into health today! Call us at:
505.424.3401 or
505.310.1340**

Sadhu Singh Khalsa, LISW, MSW



Has your Addiction brought you to a dead end?



We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.

- Plato

Total Health Recovery Program

A world class holistic drug & alcohol residential-like treatment center and rehab program using master healers and innovative diagnostic and treatment technology to treat drug & alcohol clients

Drug rehab does not need to be a revolving door!

All human beings, by nature, desire to know.

- Aristotle



We invite you to embark on a life-changing journey.

We understand, from our own experiences, that addiction is anything one engages in to not feel the pain. This pain takes many forms and is individual specific.

THRP has assembled a team of loving, sensitive, caring, compassionate professionals that will assist you in your discovery and healing process.

There is no place you can go that we have not been.

Addiction is a portal that you are coming through to assist you in dealing with your deepest issues-known and unknown. THRP addresses the three legs of healing and recovery:

(1) Cellular reconstruction through very advanced energy diagnostic work ups

(2) Emotional healing and clearing of traumas

(3) Spiritual work. THRP is one of the few soul based treatment programs in America

THRP is where you will receive customized loving care and treatment that other programs only dream about providing.

Every service by every provider is tailored to your specific nutritional, emotional and spiritual needs. Our staff are spirit guided, heart centered and competent within their field of practice. Most other programs are structured around a set schedule. What is offered to you at THRP is totally based upon your response to each service. The type of service you need, the frequency of these services and the duration of these services is totally dependent upon your response to them. Your day is structured by what you need

Our program and its environment will support profound self-healing.

The program brings together masters who facilitate a transformational process within each client. We use the most reveling, comprehensive and effective diagnostic and treatment techniques available to date. We provide access to top professionals in a number of fields to promote a new level of health and happiness that will free you from dis-ease and self destructive tendencies, stop the cycle of addiction and give you the tools to resume your own path to manifesting your full potential. Not just another drug rehab, we offer a way to an addiction free future.

We invite you to participate in the most profound and exciting experiences of your life.

Can you imagine that you can be totally healed not just from your addiction but from major psychological, emotional and physical health problems?

Mr. Khalsa, the Founder of THRP has over 30 years experience in providing holistic, integrative, transformational chemical dependency services.

Drug rehab does not need to be a revolving door!

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God.

Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

- Marianne Williamson

Each of our clients is treated like the individual spirit you are and we design a unique treatment plan specifically for you. Treatments may include:

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| Spiritual Counseling | Native American | Mineral Hot Springs | Psychological Assessments |
| Acupuncture | Sweat Lodges | Music Therapy | |
| Behavioral Iridology | Medication Review | Homeopathy | Wellness Inventory |
| Massage | Group Therapy | Sacred Aromatics | Network Chiropractic |
| Watsu | Yoga & Meditation | Bowen Work | Family Re-integration |
| Asyra | Chiropractic | Fitness Center | Work |
| Life Vessel | Walking | Videos | SCIO |
| | Soul Retrieval | | |

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You must be the change you want to see in the world.

- Mahatma Ghandi

If you don't see God in all, you don't see God at all.

- Yogi Bhajan

