

OPENING TO DYING AND GRIEVING: A SACRED JOURNEY

Oct. 17 & 18, 2008

A Workshop presented by Awakening: A Center for Exploring Living and Dying and Inner Peace Yoga Center

Working with those facing a life-threatening illness and those grieving the loss of a loved one present unique challenges. Not only must we be with the pain of the other, but also with our own unresolved grief and issues regarding our own mortality. By examining the processes of living, dying, and grieving, and the deeper dimensions of one's existence, participants become more aware of their own discomfort with these issues and are, thereby, better prepared to work with the dying and grieving. Through lecture, various exercises, opportunities for personal sharing, and videos, participants experience how dying and grieving are part of their day-to-day lives. Dying and grieving are everywhere. To avoid them is to deny life itself. This workshop explores how opening to the intensity and intimacy of these experiences can thereby bring us more fully into all aspects of our lives. As we embrace the inevitability of loss, our confidence, compassion, and peace of mind deepen, becoming more and more a part of our everyday awareness. Intellectual, emotional, and spiritual transformation are all emphasized throughout the workshop.



Fri. 10/17, 7-9 pm: "Opening to Dying and Grieving" Personal introductions/Recognizing the sacred in dying and grieving/ Visualization on the nature and process of aging

Sat. 10/18, 1-5 pm: "Moving Toward the Sacred" Being with the dying process/the passage through grief/Selected videos on opening to dying and grieving/ From resistance to self-transformation/Moving beyond attachment, loss, and grief/Compassion without attachment

Ron Valle, Ph.D. A psychologist for over 25 years, Ron has served clients with chronic pain, stress-related disorders, and those facing life-threatening diagnoses. A long-time practitioner and teacher of meditation, Ron developed the Integrated Therapy Program for Transforming Stress and Pain while director of an outpatient university hospital pain clinic. Professor, supervisor, counselor, minister, and author of a wide variety of professional publications, he currently serves as a director Awakening Center in Brentwood, California. Ron is co-author of *Opening to Dying and Grieving: A Sacred Journey*, editor of *Phenomenological Inquiry: Existential and Transpersonal Dimensions*, and senior editor of *Metaphors of Consciousness*.

Mary Mohs, L.V.N., M.A. has her Master's degree in Transpersonal Counseling Psychology. Her life's work has included working with the dying and grieving for over 20 years, as well as being a nurse and certified substance abuse counselor. Mary serves as a director of Awakening Center in Brentwood, CA and has done extensive study in both Eastern and Western spiritual philosophies. She is co-author of *Opening to Dying and Grieving: A Sacred Journey*, and has published a number of articles and chapters addressing living, dying, and grieving. Mary has also taught courses on these and other subjects from a transpersonal perspective at the graduate psychology level.

Awakening: A Center for Exploring Living and Dying is a non-profit educational and service organization whose purpose is to offer encouragement and support to those who seek the direct personal experience of the sacred within. We see every aspect of living and dying as an opportunity to deepen one's compassion, self-understanding, and spiritual awareness. Our interfaith retreat center designed to provide a supportive environment for individuals and groups exploring ways to integrate their work in the world with their spiritual lives.

Cost: Fri. \$50 / Sat. \$85 / \$125 both if paid for by 10/3. Sorry, no refunds.

CEUs: 6 credits

Registration: Send payment to Inner Peace Yoga Center, 5038 E 56th St., Indianapolis, In 46226 or call to register with a credit card.

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Kessler and E 56th St. next to Walgreens



www.innerpeaceyoga.com