

Healing the Healers Online “Taster” Workshop

August 13-14, 2020



Healing the Healers “Taster” Workshop is an overview of the classic **Sacred Art of Living & Dying** four-module series. Over two days you will experience highlights from these internationally acclaimed workshops. Discover how the world’s great wisdom traditions provide insights into life, death, and meaningful transition.

These ancient and modern teachings describe how the quality of life is enhanced when we do not live in fear or denial of suffering and our mortality. The workshop explores the four elements of emotional-spiritual suffering (meaning, forgiveness, relatedness, and hope), and describes how, in order to recognize the “soul-pain” in another, we first have to identify these same realities in ourselves. The results of facing or “leaning into” existential/spiritual pain are profound and may include the improvement of physical health and enhanced capacity for healing—as well as peace of mind and the transformation of spirit. These insights, while critical at the end of life, are also useful throughout the many other real “deaths” that occur throughout every person’s lifetime including times of illness and loss and the normal stages of transition such as birth, adolescence, and elderhood. While this two-day workshop doesn’t replace the full **Healing the Healers Series**, it will provide a powerful “taste” of what is available in the four-module program.

Healing the Healers “Taster” Workshop has been created for those interested in the **Anamcara Project**, but it is also available to the general public. Please contact info@sacredartofliving.org if you have any questions.

Location: Online

Dates: August 13-14, 2020 8:00 am –3:00 pm Pacific Time

Fee: Early Bird Discount (Good until July 15): \$150

Regular Tuition Fee: \$250

Register at: sacredartofliving.org

or

Call: 541-383-4179

 **Sacred Art of Living**
Center for Spiritual Formation