

Art of Living & Dying ~ Ireland

Online Series with Live Workshop Options ~ TBC

2021—2023



Module One Workshop:

Understanding Spiritual Suffering

Fri 19 – Sun 21 November, 2021

Module Two Workshop:

Recognizing Spiritual Suffering

Fri 27 — Sun 29 May, 2022

Module Three Workshop:

Responding to Spiritual Suffering

Fri 2—Sun 4 December, 2022

Module Four Workshop:

Transforming Spiritual Suffering

Fri 5 — Sun 7 May, 2023

Per Module:

Early-Bird Fee: €295 (Online)

Full-Price Fee: €355 (Online)

Live Workshop Options —TBC

***Group Discounts Available**

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The Art of Living & Dying Series is more about living than about the end of life. This series of four internationally acclaimed workshops draws from the wisdom of our ancestors that the quality of life is enhanced when we do not live in fear or denial of suffering and our mortality. The results of facing or “leaning into” existential-spiritual pain are profound for both caregivers and care receivers and include:

- Physical and emotional well-being
- Antidotes for compassion fatigue and burnout
- Enhanced capacity for healing
- Improved pain and symptom-control management
- Peace of mind and improved relationships





Each workshop is an interactive and inspirational learning experience appropriate both for professional and family caregivers. Workshops are followed by a five-month study group process called Circles of Trust©. Participants explore universal patterns of spiritual and emotional suffering with time-tested ways to relieve them. All programmes are a creative blend of best practices, instruction, personal reflection, and hands-on experience, multimedia presentations and creative rituals from the world’s great wisdom traditions.

Click here for more information or to register online:

<https://sacredartofliving.org/irish-programs/>

***For details on the group discount for 3 or more people, please email info@sacredartofliving.org or call 001 541 383 4179.**

INTERNATIONAL TESTIMONIES FOR THE ART OF LIVING & DYING

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|  | <p><i>"I enthusiastically endorse the Art of Living & Dying series because spirituality is the most overlooked factor in relieving pain."</i></p> <p>Dame Cicely Saunders, MD, Founder, St Christopher's Hospice, London, UK</p> |
|  | <p><i>"What's happening in the Art of Living & Dying programmes is important and timely in reinvigorating the rest of our culture"</i></p> <p>Ira Byock, MD, Author, Palliative Care Pioneer, Dartmouth, NH, USA.</p> |
|  | <p><i>"While the physical aspects of health care are well understood, the psycho-spiritual dimensions are least recognized and absent from leading medical journals. The Art of Living and Dying presents a much needed model for the relief of total pain and suffering."</i></p> <p>Michael Kearney, MD Author & Hospice Medical Director, Santa Barbara CA, USA.</p> |
|  | <p><i>"I am honored to be associated with the Art of Living & Dying because its work is about healing the healers ..."</i></p> <p>Richard Rohr, Acclaimed Author & Spiritual Teacher, Albuquerque NM, USA.</p> |

IRISH TESTIMONIES FOR THE ART OF LIVING & DYING

"The programme increased my personal self-awareness enhancing presence of kindness and compassion towards myself and therefore towards all those I meet in my everyday life." - Dublin

"I feel more confident in my role and have a greater understanding of the need for the holistic care of every patient and their families. I believe that the Art of Living and Dying programme confirmed my own belief in the importance of spiritual care." - Sligo

"The Art of Living & Dying has made me much more aware of myself and of the value of presence" - Kildare

"Participation in the Circles of Trust© gave me time to reflect and to consider my own need for support and spiritual structure in my life." - Westport

"I feel privileged to be doing it and wish my colleagues could also have the opportunity to experience it ... it is such a personal journey of discovery." - Harold's Cross

"This programme should be made a central part of school curriculum." - Cork

"Profound and beautiful experience that touched the depths of who I am. It's what my heart and soul yearns for." - Belfast

**May you have the commitment to know what has hurt you, to allow it to come close to you,
and in the end, to become one with you. - Celtic Book of Living & Dying, 11th c.**