






Transforming Spiritual Suffering

-  Learn about the emerging science of compassion and neuro-biology through skills of mindfulness and self-awareness.
-  Work with the classical tools of spiritual discernment by learning how to ask and respond to life's most important and courageous questions.
-  Rediscover the essential skills necessary for maintaining a centered, healthy balance in both your professional and personal lives.

What To Expect:

Study and some personal experience with some of the different principles and techniques of 'energy work' by using bio-feedback mechanisms as a means of assisting a patient's state of physical and emotional well-being.

Experimentation with two guided visualization formats for the 'healing of memories.'

Exploration of the ethical dimensions of end-of-life caregiving as impact the long-term emotional and spiritual lives of professional caregivers.

Examination of the distinction between caregiver burnout and fatigue as well as other practical antidotes to stress.

Exposure to basic theory and techniques related to Jungian dream analysis, particularly as it relates to emotional and spiritual pain at the end of life.

Discussion of basic rights and obligations [including legal prescriptions] regarding body 'aftercare,' burial, memorial services, and grief support for extended family systems.

**For more information:
info@sacredartofliving.org
or call 1-888-383-4171**

ART OF LIVING & DYING SERIES

MODULE 4

All times: Pacific Time

Friday 9am - 12 noon

Saturday 7am - 2pm

6-7 June 2025

\$150.00 Per Module

Art of Living & Dying Modules

consist of an online 1.5 day workshop followed by three monthly small group sessions using the acclaimed Circles of Trust© process with study guides and best practices