






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 - 1pm
Saturday 8am - 3pm
23-24 October 2026
\$175.00 Earlybird Expires 9/23/26
\$250.00 Tuition

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