

A PRACTICAL GUIDE TO HEALING



A WORKSHOP FOR THOSE WISHING TO BECOME LIVING/DYING PROJECT VOLUNTEERS AND FOR ANYONE WISHING TO EXPLORE DEEP HEALING

Physical healing, emotional healing, spiritual healing, collective healing — the journey to wholeness takes many forms and has as many starting points as there are people who embark upon the journey. Each of us is at a particular point on our healing path, confronting our next challenge, often without clearly knowing whether attitudes or practices we have been using to facilitate growth in ourselves or in our clients are becoming stale, without knowing which direction we should now turn to create meaningful transformation.

In this workshop, we will draw upon the wisdom of Theravada Buddhism and Tibetan Buddhism, the diagnostic message coming from the connection between stages of early childhood development and energetic patterns in the adult body, as well as the softening and passion of heartfelt devotion. Having applied these wisdom traditions during thirty years of being a guide to the dying, a very clear and practical paradigm for the healing path has become apparent to me. Healing occurs through direct contact with the Sacred, through realization of our true nature. There are no shortcuts, but certainly neither taking unnecessary detours nor spending time spinning our wheels can inspire us along what is often a difficult journey.

During this workshop we will explore together a clear, concise and usable model of the healing process that can specifically diagnose and identify the next step that is transformational for each of us, even during crisis. Short, intensive, guided meditations will be presented in order to create a healing experience rather than experience that is about healing. We are all caregivers and are all seekers of healing. These deeply uncertain times offer an incredible opportunity.

There is one workshop offered in the East Bay:

EAST BAY	
SATURDAY, JANUARY 28, 2012 SUNDAY, JANUARY 29, 2012	9:00 A.M.–5:00 P.M. 2:00 A.M.–5:00 P.M.
ST. JOHN'S PRESBYTERIAN CHURCH 2727 COLLEGE AVENUE BERKELEY, CA 94705-1247	10 HOURS C.E.U. \$ 180
<p>PRE-REGISTRATION IS ENCOURAGED. SPACE IS LIMITED. \$20 EXTRA FOR REGISTRATION AT THE DOOR. CHECKS SHOULD BE MADE PAYABLE TO: LIVING/DYING PROJECT AND SENT TO P.O. BOX 357, FAIRFAX, CA 94978</p> <p>Refunds will be made only with notice given at least two days in advance of the workshop by calling 415-456-3915 or by e-mail addressed to info@livingdying.org.</p>	



Workshops will be conducted by Dale Borglum, Ph.D., who, with Stephen Levine and Ram Dass, established the Hanuman Foundation Dying Center in Santa Fe, New Mexico, the first center supporting conscious dying in the U.S. Dale directed the center until moving to the San Francisco Bay Area. He is the founder and Executive Director of the Living/Dying Project and co-author of *Journey of Awakening: A Meditator's Guidebook* (Bantam Books). He will be assisted by Curtis Grindahl, M.F.T., who serves as Intake Coordinator for the Project.

Board of Behavioral Sciences Provider Approval Number 4367. Board of Registered Nursing Provider Number 9621. Course meets the qualifications for 10 hours of continuing credit for MFCCs and/or LCSWs as required by the CA Board of Behavioral Sciences. Refunds will be made only with notice given two days in advance of the workshop by calling or e-mailing the Living/Dying Project. A \$15 processing fee will be deducted from refunds issued.