

An Evening of Pathways to Spiritual Wellbeing

Pathways to Wellbeing in March will explore spirituality in its broader context.

Spiritual wellbeing can include such things as:

Self awareness, self-realization, self love & self compassion

It may encompass such feelings as inner peace, strength, 'one-ness' or inter-connectedness, and meaning and purpose of life.

We've all heard the statement 'I'm spiritual NOT religious'.

When we explore spiritual wellbeing we can embrace the 'mystery' and 'unseen' with awe and an overriding notion that we don't

always have cut & dry answers about all that is in existence that bring comfort to our egos. Instead we may entertain an array of limitless possibilities in our universes.

On this evening you will be guided through meditations, discussions and techniques that have proven effective while offering pathways to insight, clarity and healing.

If you have suffered from an overactive critical mind, emotional distress or chronic pain these techniques may be helpful to quiet, calm and create self comforting or healing mechanisms.

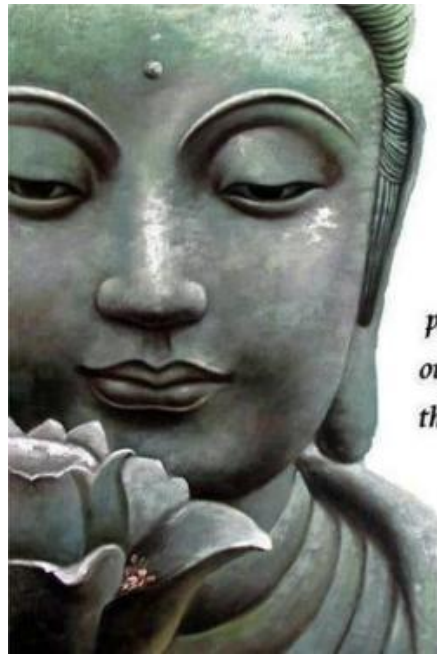
The intrinsic mind & body link will be explored and experienced; along with the idea that we are connected to a fabric much greater than is visible to the human eye.



The techniques offer a sense of belonging through connectedness to community and expansive awareness.

The idea of self and soul purpose within the context of your life will breathe new light into discussions & meditations.

Come along & enjoy the nurturing group environment to heighten your wellbeing.



*In the sky,
there is no distinction
of east and west;
people create distinctions
out of their own minds and
then believe them to be true*

Buddha

Wednesday March 23rd 2016

Time: 7.00 to 9.00pm

Contact Sally for more information or to reserve your place please call her on 03 9077 8668/ 0402 004 858 or email her on: sallydebeche@hotmail.com

Venue : *Hocokah House*

Address: 283 Canterbury rd Canterbury Victoria 3126

www.lifeis.org.au

Facilitator –Sally de Beche is a practitioner in the fields of Mind Fitness, Counselling, Inner-Child work, Mentoring, Meditation and Spiritual development. Her professional experience spans over 20 years. Sally's work is based upon the premise that we can all tap into inner wisdom and self healing. Her psycho-spiritual approach aims to address the whole person's needs collaboratively.

Co-facilitator-Tony Gee Tony is a Psychologist and avid meditator who is also based at the Centre for Integrative and Collaborative Therapy

