

About the Self

The Self is the heart-centered core of our being – that place characterized by mindful awareness, compassionate connectedness, and calm confident clarity. When we are in the Self, we are in a state of awareness quite different from the ordinary, but available to anyone with practice. From here we can see ourselves and others through kind eyes of non-judgment and non-reaction. It is almost as though we are loving, bemused observers who are very present to our own inner states and to the others we encounter. In this place we let go of anxiety, drop dissatisfaction, and become aware of our wholeness. Here we can be either passive witnesses or active doers, whichever is called for and in this state we seem to know clearly what it is we are to do.

“When we understand, we are at the center of the circle, and there we sit while Yes and No chase each other around the circumference”

~Chuang-tzu

Sisters of St. Joseph
Transformations
SPIRITUALITY CENTER

3427 Gull Road, PO Box 02, Nazareth, MI 49074

Saturday, January 19, 2008

8:30 a.m. to 12:30 p.m.

Big Heart / Big Mind

Coming Soon:

1/22-23/08

Religion & Violence
Webcast

1/24/08

Orientation-Group Spiritual Direction

2/6/08

Lenten Vespers

2/12/08

Spiritual Literacy

2/18-22/08

Icon Painting Retreat

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Nazareth, MI
Permit No. 01

Big Heart / Big Mind

a workshop facilitated by
Tom Holmes



Saturday, January 19, 2008
8:30 a.m. to 12:30 p.m.

Cost: \$40

Please register by December 28

Congregation of St. Joseph
Transformations
SPIRITUALITY CENTER

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(M-43 just east of Kalamazoo)

www.transformationscenter.org

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Cost: \$40, Register by Dec. 28

See yourself and others through the kind eyes
of non-judgment and non-reaction.

*Become a loving,
bemused observer.*

*Let go of anxiety, drop dissatisfaction,
and become aware of your wholeness.*

This workshop will introduce the Internal Family Systems (IFS) model with its concept of Self, and we will engage in practices that let us experience Self. In this way we will both see the concept and know the work by direct experience. While based on the Zen Big Heart / Big Mind process, this underlying goal of increasing in compassion is a key part of many faith traditions, including each of the Abrahamic religions.

Please register by December 28.

For more information or to register online visit www.transformationscenter.org

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Registration: by Dec. 28, Please

Name

Address

City

State

ZIP

Phone (Day)

Phone (Evening)

E-mail address

Profession



Mail or FAX (269) 381.4616 the form
or call (269) 381-6290, Ext. 310.

Make checks payable to: Transformations
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Amount Enclosed: _____

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