

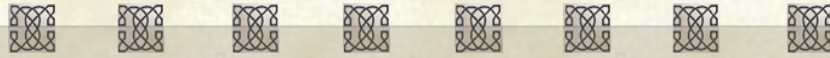
The Contemplative Life Series

Healing and Transformation The Psychology of the Contemplative Journey

*Discover the tradition of the Christian contemplative path
and its rich and sophisticated understanding of
psychological healing and spiritual transformation.*

Suggested donation: \$30

*Register on our website (www.journeycenter.org) or
by calling the Journey Center at 707-578-2121.*



Saturday, March 16, 10 a.m.-1 p.m.

The Christian contemplative path has a rich and sophisticated understanding of psychological healing and spiritual transformation. In this workshop we'll examine the tradition, and integrate the findings of contemporary psychology to deepen our appreciation of the Christ-centered wisdom way.

Based in part in the teachings of Trappist monk, Thomas Keating, we'll look at the divine dance between our own personal work and the transformative grace of The Divine Physician. Exploring the movement from the restrictive false self into the increasing freedom of our true-self-in-Christ, we'll learn and practice several contemplative disciplines that facilitate our availability for healing and transformation. All are called to be able to say, as did Paul, "Now it is not I who live but Christ who lives in me" (Gal. 2:20).

Facilitators: Ruah Bull Ph.D. is a Spiritual Director and facilitates prayer groups, classes and workshops in the Christian contemplative tradition throughout the area. She coordinates the Journey Center's Meeting the Mystics series.