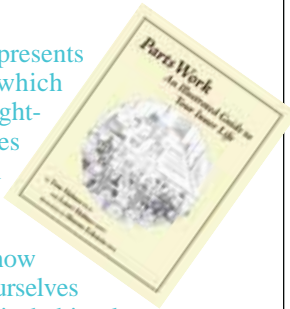


About the Self

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.

Holmes' new book presents text and drawings which are moving and thought-provoking, sometimes humorous and often poignant, which describe our inner landscape. It shows how we can disentangle ourselves from the problematic habitual patterns which we get stuck in and offers ways of positively using our particular talents and style.



“Awake, my dear. Be kind to your sleeping heart. Take it out into the vast fields of Light and let it breathe.” ~Awake, Awhile by Hafiz

Congregation of St. Joseph
Transformations
SPIRITUALITY CENTER
3427 Gull Road, PO Box 02, Nazareth, MI 49074

Saturday, January 17, 2009

9:00 a.m. to 12:30 p.m.

Awakened Heart / Peaceful Mind

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a workshop facilitated by
Tom Holmes, Ph.D.



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9:00 a.m. to 12:30 p.m.

Cost: \$40, Student Discount \$25

Please register by January 6

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3427 Gull Road, Nazareth, MI 49074
(M-43 just east of Kalamazoo)

www.transformationscenter.org

Awakened Heart / Peaceful Mind

a workshop facilitated by
Tom Holmes, Ph.D.



Saturday, January 17, 2009

9:00 a.m. to 12:30 p.m.

Cost: \$40, Student Discount \$25*

**Full Time Highschool or college student with 1 full price registrant*

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 January 6.



Awakened Heart / Peaceful Mind
Saturday, January 17, 2003
9:00 a.m. to 12:30 p.m.
Cost: \$40, Student Discount \$25*

Registration: by Jan. 6, Please

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