



A Biography Weekend

"The unexamined life is not worth living and the unlived life is not worth examining."

(Plato)

What is your story? Do you feel that your story is important and that your life has a purpose and meaning? Today it is difficult to feel the inner direction of ones life because outer direction and achievement is so valued and emphasised in the world.

Deepak Chopra speaks about "object referral" as opposed to "subject referral". Object referral means that we give attention and energy to the things outside of ourselves and to achievement. However what happens to you if your role, money and "the things" which give you meaning are suddenly taken away? Who are you? Subject referral asks you to come back to your core, your heart, and to the things which make your life unique. It asks you to think about destiny.

In this weekend workshop we begin to look at the interior landscape of your life. We begin by examining the past and by doing so begin to unpack some of the "baggage" which you carry in your life. Each of us has fault lines which are revealed when we encounter the repeating event or mirroring circumstance which caused it initially. As we become conscious in the present we unpack these fault lines and can then consciously meet them in ways which create new seeds for the future. We also celebrate the gifts and talents that you have!

The group work is a chalice for this special work and provides the framework for what we all long for – conscious relationship.

Dates: 13th November – 15th November:

Times: Friday p.m. 6:00 – 9:30, Saturday 9:30 – 5:30, Sunday 9:30 – 5:00

Venue: 41 Belper Road, Wynberg

Cost: R550 for the weekend

Teas will be provided, dinner and lunches will be bring and share.

For more information contact:

Karen Rootenberg – 0217977709 /0721946463

artofbeing@metroweb.co.za

www.soul-development.co.za