

THE ART OF BEING

A journey of coming to self-knowledge



Why is this course different to other courses?

It is not possible to do personal growth in isolation. We do not live as solitary individuals but in relationship with others. This aspect of witnessing and being witnessed both spiritually and in one's soul is one of the aspects which make the Art of Being unique. This course works with spiritual development in alignment with emotional growth and inner soul work.

This is not group therapy and it is not only about emotional and psychological growth. The integration of art in every session and the experiential nature of the course ensure that the course is not merely theoretical. The course is dynamic, powerful and penetrates into the heart of being.

The most common comment from course participants is:

"Everyone should do this course"

More about the course...

The course takes 10 months as it is process. We do not expect a baby to be born immediately - and similarly, we have to allow our own development process to reach its term. This is not a quick-fix course and it requires that you commit to yourself.

This is not easy today when the world of achieving and being busy seems to be more important and rewarding than inner work. However without the inner work our outer lives remain barren. The economic crisis today points to the fact that we have created a reality where we live in fear of not having enough. The lack of an inner sense of self-worth leads us to remain object oriented and find our meaning and purpose in external things like money.

This course will help you begin to see your life as connected to everything else, to see that you make a contribution to life. When we overcome our fear and see that life is about service rather than self-serving we come to peace in ourselves and find our inner richness.

Making a contribution does not have to be about something big, nor is it about the role we play in the outer world - it is about raising the bar of consciousness, and developing an understanding of our spiritual identity.

When we do this, we learn to love ourselves, and therefore others, more deeply... Isn't this what we all want?

Visit the website for more information, and to see the marvellous gallery of work created by participants.

www.soul-development.co.za

Art of Being 2010

The course will be going into its 14th year in 2010. We take a maximum of 14 people - if you would like to attend, please contact Karen to arrange an interview.

Dates & Times:

- ♥ The course begins January 25th 2010.
- ♥ It is held on Monday and Thursday evenings from 6:00 – 9:30p.m.
- ♥ There are 4 terms which are aligned (as closely as possible) with the school holidays.
- ♥ There is a long weekend which is a "vision-quest" weekend during the year.



We are connected to everyone and affect our worlds in the way we live our lives

Contact Information:

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