



CENTER FOR SPIRITUAL INTEGRATION

Creating Sacred Space in Daily Living

The Gentle Path:

A Workshop on Self Care & Spiritual Forgiveness:



We live in a time where the pace of life encroaches upon our desire for spiritual reflection...
and the wisdom that comes from stopping to reflect is fading from our view.

We live in a culture where we are taught that trying to be perfect and good...
is better than trying to be authentic and honest.

We live with the challenge of remaining loyal to old messages and standards...
or finding a new path toward wholeness and integration.

We live with the opportunity to begin a journey, one that invites us to cross a spiritual-psychological threshold...
where gentleness and personal reflection can open our hearts to forgiveness.

Starting with Self Forgiveness

It is difficult to find the way to forgiveness when we hold on to harsh or overly demanding standards toward self and others. **How, then, can we be gentle with ourselves?** For most of us our beliefs around performance and self worth stem from lessons learned in childhood. If parents or role models were too strict, children learn to try to please or achieve at any cost in order to find approval or love. However, if nothing was ever quite good enough or any mistake resulted in criticism, then shame, fear, or self-judgment could be driven deep within the soul. On the other hand if parents were unavailable or neglectful, children often learn to push themselves even harder in order to feel safe or competent in the world. These are the solutions often forged out of childhood necessity. *The problem is...in the long run none of these strategies really ever lead to personal satisfaction or spiritual well-being.*



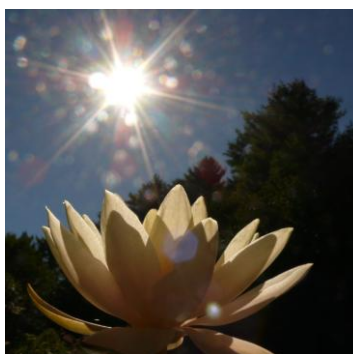
“True compassion is born when we learn to hold ourselves with a gentle hand.”

Research on the Forgiveness Experience

Research has shown that people who forgive are generally healthier, have more energy, and are more optimistic and hopeful about their futures. Freeing oneself from the burdens of pain, bitterness, and resentment allows individuals to be released from the grip of past hurts and move forward in life with more intention and purpose. No one can go through this life without pain or disappointed at some point. How we handle that disappointment is what makes all the difference in our approach to self, others, and arguably, the world.

Goals for the Workshop

- To identify the situations where you experience a lack of confidence, hold an attitude of impatience or self criticism around mistakes, or to identify areas in life where you drive yourself too hard.
- To examine learned messages and internalized belief systems about performance and self worth.
- To understand the relationship between personal standards, life stress, and spiritual/psychological balance and well-being.
- To discover ways to approach yourself and others with greater honesty, authenticity, and gentleness.
- To pay greater attention to physical vitality and the balance between work, spirituality, and creative interests.
- To leave with a plan of action to help slow down and be reminded of lessons learned.



“Forgiveness involves coming to an understanding that mistakes are opportunities for growth, awareness and the cultivation of compassion, and the realization that the extension of love to ourselves and others is the glue that holds the universe together. Forgiveness, therefore, is not a set of behaviors, but an attitude.”

Joan Borysenko

How this Workshop Will Be Organized

- Prior to attending the workshop, you will be mailed a packet of preparatory reading materials as well as questions for personal reflection.
- The retreat format itself will be a combination of discussion, small group interaction, focused exercises, and time for reflection and journaling.
- There will be an hour break for lunch and personal time.
- The Friday afternoon session will conclude with the development of a plan of action where you can begin utilizing tools and insights from the workshop, incorporating them into a daily spiritual practice.
- Throughout the workshop Patricia will present information on the importance of self forgiveness as both a spiritual and psychological opportunity for growth and development.

Dr. Patricia Gianotti

Patricia Gianotti is a psychologist, lecturer, and educator. With over twenty years of experience as a clinical psychologist, she has worked with individuals, couples, and groups on discovering the process of spiritual and psychological integration. A former professor at Washington University in St. Louis and The University of New Hampshire, she currently leads numerous workshops and retreats for both secular and spiritual groups. In addition Dr. Gianotti was recently featured on New Hampshire Public Radio's *The Exchange* as a guest speaker on the psychology of forgiveness.



Particulars

Date: There will be three dates that the workshop will be offered in winter and early spring.

◆ Friday, January 30, 2009 ◆ February 27, 2009 ◆ March 27, 2009

Check-in is between 8:00 and 8:15. The workshop begins promptly at 8:30. Lunch, beverages, and snacks will be provided. The workshop ends at 4:00 PM.

Location: Woodland Professional Associates, 155 Lafayette Road, North Hampton, NH 03862.
Please Note: The workshop will be held on the third floor of Drake Hill Common.

Cost: \$195.00 per person including materials, morning coffee, lunch, beverages, and snacks

Reservations: Reservation deadline is two week prior to each workshop. Enrollment is limited to 12 participants.



*“The art of entering into the mysteries of the soul,
without sentimentality or pessimism,
encourages life to blossom forth according to its own designs
and with its own unpredictable beauty.”*

Thomas Moore

Registration Form

To reserve a space at the retreat, a non-refundable advance deposit of \$100.00 is required. Please return this form along with your check payable to: Woodland Professional Associates, 155 Lafayette Rd., Suite 3, North Hampton, NH 03862.

For further information and registration please call (603) 964-4869, ext. 10.

Name _____

Address _____

Phone _____ E-Mail _____

Center for Spiritual Integration | 155 Lafayette Road, North Hampton, NH 03862
603.964.4869 | www.centerforspiritualintegration.com